Vancouver metro

Your essential daily news | TUESDAY, AUGUST 25, 2015 High 21°C /Low 12°C Partly cloudy

WHISKEY IN SPACE
metroNEWS

ROBSON FLETCHER/METRO IN CALGARY

RAIN & SHINE

As Vancouver's drought beats on into the final week of August, we compare it with Calgary, which had some wild weather of its own
metroNEWS

EMILY JACKSON/METRO IN VANCOUVER

Vancouver homeowners bringing in tenants

HOUSING

Rates higher than national average

Emily Jackson
Metro | Vancouver

Vancouverites who can afford to own a house in the city are three times more likely than the average Canadian to rent out part of their homes to strangers, according to a survey released Monday.

Forty-three per cent of single family homeowners in Vancouver rent out a basement suite or laneway suite compared to just 14 per cent of house owners across Canada, according to a Square One Insurance survey of 4,000 house owners conducted over the past six months.

"It's probably not a surprise that the areas with the highest real estate prices tend to have the highest percentage of basement suites," said Daniel Mirkovic, Square One president.

Most owners reported renting out their basements suites to help pay their mortgages, Mirkovic said.

And it's not just the City of Vancouver where house owners are moonlighting as landlords.

Burnaby (40 per cent), Surrey (31 per cent), Coquitlam (29 per cent), North Vancouver (28 per cent) and New Westminster (27 per cent) all posted higher rates of basement suites than the B.C. average of 25 per cent.

That's way higher than Toronto and Calgary, where only 20 per cent and seven per cent of house owners reported rental suites.

The survey corroborates a 2014 Canada Mortgage and Housing Corporation estimation that secondary suites make up to about a fifth of Vancouver's rental stock (26,600 units).

SHORT TERM
The survey did not account for short-term rentals such as Airbnb.

Mirkovic cautioned that the numbers could be even larger since some owners don't reveal their rental suites because they don't want to pay extra insurance, renovate their units to meet municipal codes or pay taxes on the rental revenue.

If something happens to a house when the owner didn't disclose a basement suite to their insurance company, it's standard practice for the whole insurance policy to be void, Mirkovic said.

metro NEWS
Your essential daily news

Inmates in Philly make chair for Pope's visit. World

Japanese man coming to B.C. to take one last ride on his boat

SWINDLE ISLAND

Village to bless fisherman who endured much loss in tsunami

Thandi Fletcher
Metro | Vancouver

A fisherman who lost his wife and son in the devastating earthquake and tsunami that struck Japan four years ago is being reunited with his lost boat after it washed up on the shores of northern British Columbia.

Kou Sasaki, who lives in Ofunato, Japan, arrived in Vancouver on Monday on his way to the remote B.C. coastal village of Klemtu on Swindle Island, where he plans to take one last ride on his fishing boat on Friday.

"He's really, really excited," said Tim McGrady, general manager of Spirit Bear Lodge, which helped set the wheels for the reunion in motion. "It's a real honour for him to come. There's a lot of interest in the community, as well."

Sasaki's boat was first discovered in spring 2013 by one of the hereditary chief's sons while he was doing dive surveys off the shores of Klemtu. The boat was just one piece of dozens of barnacle-encrusted debris that has washed up on the community's shores since the massive earthquake and tsunami struck Japan in 2011.

Tim McGrady, right, is waiting to meet the owner of this boat, which washed ashore in B.C. two years after Japan tsunami.
CONTRIBUTED

Despite the destruction of the massive wave and the boat's lengthy journey travelling thousands of kilometres across the Pacific, the vessel was in remarkably good condition when it arrived and still had its engine attached, said McGrady.

Today, Spirit Bear Lodge uses the boat as part of its bear-watching program, he said.

It wasn't until last September, however, when Vancouver real-estate developer and arts philanthropist Michael Audain visited the lodge with his Japanese wife Yoshi Karasawa that the boat's owner was finally tracked down.

McGrady said he was walking through the village with Yoshi one day when they came upon the boat, and he asked her if she could translate its name. She told him it was called Somatsumaru, which means "twin pines."

"We got to talking and she was really intrigued by the story and the history," McGrady said.

Yoshi returned to Vancouver and, through her contacts, was eventually able to trace the boat's owner through public records using the registration number on the engine.

When he found out that the boat's owner had been found in Japan, and that he had lost his family in the tragedy, McGrady said the community of Klemtu knew they needed to find a way to bring him to the village.

He said Audain and Karasawa are covering the cost of his travel from Japan to Vancouver, and Spirit Bear Lodge is covering his trip to Klemtu.

"The people in Klemtu are the people of the sea," he said. "For thousands of years, they've made their living on and around the ocean. We believe that the owner of this boat did too, and we just thought we needed to try to find this person.

"This boat travelled thousands of kilometres across the Pacific by itself and ended up on our shores, so we really wanted to try and make that connection."

When Sasaki arrives in the village Friday, McGrady said members of the Kitasoo First Nation will welcome him to the community through a blessing ceremony.

They will then take Sasaki on one final ride on his boat.

"We're very excited," he said.

$399 on WINDtab™
$0 on WINDtab™
$299 on WINDtab™

Our latest phones.

Pair one of our great phones with any of our truly Unlimited plans. Check us out.

WIND®
true mobile freedom™

Learn more at WINDmobile.ca. WINDtab terms and conditions apply. MOTOROLA is a registered trademark of Motorola Trademark Holdings, LLC. Samsung Galaxy Note 5 and Samsung Galaxy S6 edge+ are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. WIND, WIND MOBILE, WINDtab and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by WIND Mobile Corp. © 2015 WIND Mobile

Lawyer fighting for rights of evangelical students

TWU

Law Society of B.C. has chosen not to accredit future grads

Matt Kieltyka
Metro | Vancouver

The lawyer for a private evangelical Christian university fighting to get approval for its proposed law school argued in court that if anyone needs its rights protected, it's that institution.

Trinity Western University (TWU) lawyer Kevin Boonstra kicked off submissions into a weeklong judicial review at B.C. Supreme Court on Monday in a bid to reverse the Law Society of British Columbia's decision not to accredit future graduates of the program.

Boonstra said that while critics within the Law Society and other organizations accuse the school of being inherently discriminatory — by making students sign a Community Covenant to abstain from sexual intimacy "that violates the sacredness of marriage" between a man and a woman" — the university operates lawfully and deserves to have its religious beliefs upheld by the Canadian Charter of Rights and Freedoms.

"If anybody's rights are in need of protection, it is the rights of my clients," Boonstra told the judge.

"This case is about who gets in. Not to Trinity Western, but about who gets into the Law Society," he argued, adding no one is debating the quality of legal education students of the proposed law school would receive.

The bell tower is seen at Trinity Western University in Langley. The university makes students sign a Community Covenant to abstain from sexual intimacy "that violates the sacredness of marriage." DARRYL DYCK/ THE CANADIAN PRESS

The Law Society of B.C.'s benchers originally agreed to accredit graduates of Trinity Western, but that decision was overturned by an all-members vote last year.

The provincial government has also pulled its approval of the school, pending the outcome of the judicial review.

The country has 14 law societies. Two others, in Ontario and Nova Scotia, have also refused to accredit students from the Langley university.

> **There must be room for a robust expression of different ideas and different views.**
> TWU School of Law executive director Earl Phillips

The Ontario law society's decision was upheld in court, while a judge overturned the one in Nova Scotia.

Both of those provincial court decisions have been appealed. Groups like the West Coast Legal Education & Action Fund — an intervener in the B.C. case which will also be making arguments in court — say that TWU's Community Covenant denies access of limited law school spaces to people of different beliefs and sexual orientation.

Outside the courtroom, TWU School of Law executive director Earl Phillips told media that adding 60 seats at its private university eases competition for existing law school spots at other universities and, in effect, creates more opportunity for all students to attend law school.

He worries evangelical Christians choosing to study at TWU will be "excluded from the full participation of society just because of their beliefs" if the Law Society decision stands.

"We certainly are a minority," Phillips said. "There must be room for a robust expression of different ideas and different views."

ROAD NETWORK NUMBERS

City seeks new bike counters

Vancouver is eyeing some new bikeways, but first it wants to count how many cyclists use particular sections of the road network.

The City of Vancouver is in the market for up to 14 new bike and pedestrian counters and a couple new electronic display signs similar to the one by the Burrard Bridge that crossed the 1,000,000 mark last week.

The city issued a request for bids for the extra counters because it's a significant expansion from the approximately 50 counters run by a company called Eco, director of transportation Lon LaClaire said Monday.

"The reality is technology is advancing pretty quickly on this front. It's quite possible someone has a new and better way of doing this," LaClaire said. Eco is a market leader, he said, but the city extended the contract in case it can find better value.

The city is looking for bike counters that are within a five per cent margin of error and pedestrian counters that are accurate within 10 per cent.

The data is used to plan for new bikeways, promote walking and cycling numbers and to monitor volumes depending on weather, season and time of day.

EMILY JACKSON/METRO

The bike counter on the Burrard Bridge EMILY JACKSON/METRO

PROFESSIONAL BUSINESS ACCOUNTANT (PBA)
Your small & medium-sized business professional accountant

- Earn up to $80,000 per year
- Prepared to become a full cycle accountant with accounting designation
- No degree required
- Ideal for individuals who want to be self-employed/entrepreneurs

Duration: 19 months including 3 month practicum.

"PBA has opened doors for me in the sense that it has given me the ability to advance in my career. It was my designation that allowed me to get the job I currently hold."
– Margo Desmarais, PBA, Finance Team Lead, University of Alberta

pba professional business accountant

STENBERG COLLEGE 604-580-2772 • www.stenbergcollege.com

You are invited to an
INFORMATION SESSION
Wednesday, Aug. 26th
7:00 pm – 9:00 pm
Stenberg College
Suite 750-13450 102nd Ave, Surrey
(Central City Tower)

All attendees will receive $250 bursary
Please RSVP to
rsvp@stenbergcollege.com or by tel: 604-634-0384

Change hinges on plaza

TRANSIT

Future of four bus routes depends on council's vote

Emily Jackson
Metro | Vancouver

The City of Vancouver and TransLink have decided to tweak four major downtown bus routes after two years of study, but the final path will be contingent on whether council votes to create a permanent pedestrian plaza on Robson Street.

The city's acting general manager of engineering Jerry Dobrovolny outlined the changes to the 5, 6, C21 and C23 bus routes in a memo to council last week, noting the changes to the 5 route aren't set in stone until council decides if it wants to permanently close the 800 block of Robson Street to vehicle traffic.

Council got hooked on the idea for a downtown plaza after the 2010 Winter Olympics when people flocked to the temporary plaza outside the Vancouver Art Gallery.

It's also mulling a permanent plaza in the 600 block of Cambie Street, the proposed future location of the art gallery.

A decision on either plaza could come as early as this fall, Dobrovolny said in an email Monday. As it stands, the block in front of the art gallery is temporarily shut every summer to make room for a seating installation.

While pedestrians and tourists tend to enjoy the closure, it's an annual headache for West End residents who prefer the direct route to major downtown attractions including the central library.

TransLink would also prefer to keep the street open to transit, according to the memo.

Even if Vancouver creates a public plaza, TransLink said it wants the city to consider allowing it to run buses through the closed area.

The bus routes were reviewed due to major population growth in the downtown core and the introduction of the Canada Line.

More than 1,600 people participated in public consultation over the changes.

An installation called Porch Parade took over the 800 block of Robson Street this summer as part of an annual temporary plaza closed to transit and vehicular traffic. EMILY JACKSON/METRO

IN BRIEF

Woman assaulted while walking near golf course

A 28-year-old woman was seriously assaulted while walking her dog near a southeast Vancouver golf course early Sunday.

Vancouver Police spokesman Const. Brian Montague said the attack happened shortly before 8 a.m. while the woman was walking her dog on the trails around Fraserview Golf Course near Southeast Marine Drive and Kerr Street.

A jogger in the area found the woman and called police, said Montague. Police carried out an extensive search of the area but were unable to find the alleged attacker.

Investigators spent most of Sunday attempting to locate witnesses and gather any potential evidence.

No arrests have been made. Montague said the woman was taken to hospital but has since been released and is recovering at home.

Anyone with information about the incident is asked to contact Vancouver Police at 604-717-0603.

THANDI FLETCHER/METRO

Calgary sees five times as much rain as Vancity

WEATHER

Alberta, B.C. experiencing highly unusual summers

Robson Fletcher
Metro | Calgary

It's been a tale of two summers in Calgary and Vancouver, with the normally wet West Coast experiencing record droughts and the prairie city already exceeding its normal rainfall for the entire month of August.

All told, Calgary has seen more than five times as much rain as Vancouver this summer, according to Environment Canada data.

Between June 1 and Aug. 23, Alberta's largest city saw a cumulative 223.3 millimetres of precipitation, compared to just 44.7 millimetres in Vancouver.

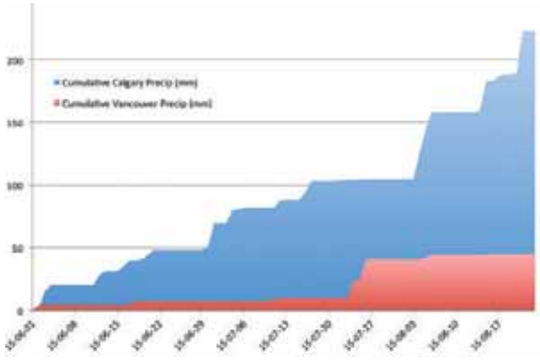
While Vancouver usually gets three times as much precipitation on an annual basis, Calgary typically sees more rainfall in the summer, but not by such a massive margin, according to Matt MacDonald, an Environment Canada meteorologist.

"We almost have opposite climate regimes," MacDonald, who is based in Vancouver, told Metro. "The summer is the wettest period of the year for (Calgarians), whereas it's our driest period. And then, once we get into fall, that's our wettest period of the year and that's typically (Calgarians') driest period of the year."

This summer has been "record-breaking dry" in Vancouver, he noted. "We're at the highest level of drought on the drought scale," MacDonald said. "It's an extreme drought here."

Calgary, by contrast, actually saw a bit less rain than usual in June and July but more than made up for it in August, which MacDonald described as an "exceptional" month for summer storms, so far.

Calgary has seen "some pretty impressive outbreaks of thunderstorms," he said, referring to the series of cells that moved through Calgary in early August, dumping heavy rain and hail across the city, knocking out power, flooding streets and prompting city officials to open the Emergency Operations Centre.



The cumulative precipitation in Calgary and Vancouver from June 1 to Aug. 23. DATA: ENVIRONMENT CANADA; GRAPH: METRO

In Vancouver, meanwhile, depleting reservoir levels forced the regional government to issue Stage 3 water restrictions in mid-July. Residents are banned from watering lawns, washing cars or filling pools. Fines range from $300 to $500 for "grassholes" who ignore the rules. Neighbours have been calling municipal offices to tattle on each other and posting "drought shaming" pictures on social media.

WITH FILES FROM EMILY JACKSON

REACTION

How 'bout that heat?

Metro caught up with Lower Mainland passersby in the plaza at the Vancouver Art Gallery to ask their thoughts on the dry summer, water restrictions and the inevitable return of the rain.

"The summer has been great so far."
Cayla Albrecht, 28

Albrecht, who moved to Vancouver last month said, "It's not as hot as living in southern Ontario. I find it's generally cooler here because of the breeze.... Sometimes when it's grey in the morning I go out with too many clothes on. I think I just have to get used to the idea that it's coming."

"It's been awesome."
Chris Campbell, 33

"We've been riding the seawall, doing the Grouse Grind and things like that," Campbell said of his activities, which haven't been hurt by restrictions. "It just makes the grass a little bit more brown, but it's OK to give up green grass to keep our water levels up.... I used to have lots of problems with the sad times in the winter. I moved back for the mountains and the ocean, so hopefully there's enough sunshine to make me happy."

"I've had a lot more worries about being exhausted and overheating."
Dawn Benner, 43

Benner, a Surrey resident, mostly works outside. "It's been nice, though. This is a lot nicer than the rain... I'm glad Calgary got it," she joked.

$50/mo. GOLD PLAN GETS YOU:
• UNLIMITED Weekends & Evenings from 5pm
• UNLIMITED Worldwide Text Messaging from Canada
• UNLIMITED Picture Messaging to Canada & US
• 300 Canada-Wide Minutes
• 300 MB of Data
• Voicemail & Call Display
($4.99 SIM Card not included.)
Samsung GALAXY S4
$0 with a 2-year agreement
+ GET A $100 BONUS GIFT*
Virgin mobile
IT'S BETTER TO BE A MEMBER

Limited time offer. Services available with compatible devices. Available with new activation. Monthly government 9-1-1 fees apply in AB (44¢), NL (75¢), NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). Taxes extra. If you cancel your Commitment Period early, an Early Exit Charge will apply. See your Agreement for details. All pricing, plans and Member Benefits are subject to change/cancellation at any time without notice. Unlimited Text & Picture Messaging is only valid when message is sent from Canada. Text messages sent within the U.S. or internationally, premium text messages, text alerts, messages sent with an instant messaging application and dial-up messages are not included in any plan and cost extra. Canada-Wide Calling applies to calls made from Canada to a Canadian number or calls received from any number while you are inside Canada. Additional minutes are 50¢/min. Long distance charges on calls to the U.S. are 50¢/min in addition to your local per minute rate. Additional data is $5/100 MB. Phones and some colours may not be available at all retailers. Other restrictions apply; see virginmobile.ca for details. Screen image simulated. © 2015 Samsung Electronics Canada, Inc. All rights reserved. Samsung and Samsung Galaxy S4 are trademarks of Samsung Electronics Canada, Inc., and/or its related entities, used with permission. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2015 Virgin Mobile.

Don't go near this deer

STANLEY PARK

Experts urge park-goers to stay away from docile animal

Thandi Fletcher
Metro | Vancouver

A video posted on YouTube showing Stanley Park visitors petting an unusually tame deer has prompted the Vancouver park board to issue a warning to steer clear of the young buck.

Park board biologist Nick Page said he believes the male deer is the same one that stopped traffic and pedestrians — and sparked a spoof Twitter account — when it roamed downtown Vancouver on a Tuesday morning last month.

"They don't have an identification feature, but I think based on the size of the deer, the age of the deer, the location of the deer and specifically its behaviour, I think it's the same deer," Page told Metro, adding that he also spotted the deer eating huckleberries at Prospect Point on Monday. "It's exhibiting unusual behaviour for a deer. They're usually very wary creatures, but this one doesn't seem to be scared of people."

Experts are concerned about the safety of this too-tame deer in Stanley Park. YOUTUBE

On Sunday, a video surfaced on YouTube showing the deer licking two people's hands and allowing them to pet it. The footage comes two weeks after another video was posted online showing two men following the deer and stopping to pet the animal in Stanley Park.

> **When they interact with people ... that's when you get into issues of, are they going to be injured by dogs or get hit by a car.**
> Biologist Nick Page

After seeing the videos, Page said he became concerned about the deer's welfare and is urging people to stay away.

If wildlife become habituated to people and start to expect food, they are no longer considered wild animals, said Page.

"When they interact with people more and more, that's when you get into issues of, are they going to be injured by dogs or get hit by a car or something like that," he said.

He said the deer has "lots of food" in Stanley Park and doesn't need people to feed it.

"It's the only deer in Stanley Park," he said. "It's got as much food as it could possibly want."

IMMEDIATE POSITIONS AVAILABLE IN DELTA & NEW WESTMINSTER, BC

LOOKING FOR A NEW JOB? CHECK!

We have immediate openings on our growing team

apply.smjobs.com/amazon

JOIN OUR TEAM IN DELTA, JOB CODE: 908S
NEW WESTMINSTER, JOB CODE: 914A

- Competitive payrates; Weekly paychecks
- Full-time schedules; Night shift available
- Casual dress environment; Commuter friendly

APPLY ONLINE OR CALL 604-449-6755
Stop by the Staff Management Recruiting Office
644 Columbia Street • New Westminster, BC V3M1A9

#SMXJOBSNOW staff management | smx
a TRUEBLUE company

WILDFIRES

U.S. smoke fights B.C. blazes

Smoke from wildfires burning in Washington state has caused visibility and air quality problems in British Columbia, but it's also helping to keep the province's own fires in check.

A thick haze blanketing many communities in southern B.C. is acting like cloud cover and calming fires, said fire information officer Kevin Skrepnek.

"It is actually absorbing some of the heat that would be reaching the ground, and it's keeping some of that humidity trapped," he said Monday.

Skrepnek said 10 new fires were discovered on the weekend, a marked decrease from some days in July and early August when dozens were found in a single day.

While the number of new fires may be going down, but Skrepnek said it's too early to say it's the end of fire season.

The province has spent $233 million fighting 1,753 fires so far this year.

Currently, there are about 180 fires burning across the province, including a 45-square-kilometre blaze west of Rock Creek that claimed 30 homes earlier this month. The fire is now about 75 per cent contained.

A firefighting helicopter fills up with water Sunday in Chelan, Wash. THE ASSOCIATED PRESS

The Stickpin fire also continues to rage in Washington state, about 4.5 kilometres south of the border.

British Columbia crews are helping their American counterparts fight the 192-square kilometre blaze Sunday.

Thirty three fire personnel, three officers and two pieces of heavy machinery are now responsible for the northern side of the fire bordering Canada.

Firefighting aircraft could also be sent south as well, Skrepnek said.

Smoke from several Washington fires has limited visibility and prompted air quality warnings across southern B.C.

Environment Canada issued air quality alerts for parts of the region Sunday because of the high levels of fine particulate matter in the air and cautioned people to avoid strenuous activity outdoors.

Metro Vancouver also issued an air-quality advisory for central and eastern Fraser Valley.

Dr. Kamran Golmohammadi, medical health officer for Interior Health, said tiny particles can lodge deep in people's lungs, causing respiratory problems.

Young children, older adults, pregnant women and people with pre-existing heart and lung conditions are at highest risk, he said, adding symptoms include eye irritation, chest tightness and runny noses.

Smoke is expected to lift over many regions Tuesday, though it is expected to stick around the Kootenays for a few more days.

THE CANADIAN PRESS

IN BRIEF

Death in Prince George considered suspicious

Mounties in northern B.C. say a homicide investigation is underway into the suspicious death of a man found at the end of a secluded road.

Prince George RCMP say an officer found the body of 35-year-old Ian Begg south of the city on Sunday morning.

Police say Begg's cause of death has not yet been identified, but it is suspicious and officers are treating it as a homicide.

Prince George RCMP's serious crimes and forensic identification sections are helping with the case.

They say they want to learn more about the habits and whereabouts of the local man in the days leading up to his death.

Police also want to speak with anyone who had contact with Begg.

THE CANADIAN PRESS

Dentist faces discipline for brain damage

A hearing is underway for a Kamloops dental surgeon who improperly sedated a young woman during a routine operation, leaving her with a severe brain injury.

The patient, identified only as HZ, was deeply sedated in November 2012 while having her wisdom teeth removed, even though Dr. Bobby Rishiraj had not been approved to perform such a procedure.

A disciplinary panel of the College of Dental Surgeons of B.C., said in a decision last month that the dentist was so incompetent that he did not recognize HZ was in cardiac arrest and therefore delayed efforts to resuscitate her.

The decision said Rishiraj was authorized to provide moderate sedation only and that he admitted his clinic did not comply with sedation and general anesthetic standards.

College lawyers have told the penalty hearing that Rishiraj was reckless and cavalier and any penalty must reflect his great misconduct.

The dentist, who continues to practise, with sedation limits imposed by the college, could face a fine, suspension or both.

THE CANADIAN PRESS

Ex-PMO aide takes stand

DUFFY TRIAL

Claims he didn't know Wright repaid expenses until later on

Chris Woodcock, the aide in the Prime Minister's Office who crafted public statements about Sen. Mike Duffy's repayment of disputed expenses, says he never read the 2013 email where Nigel Wright told him he was picking up Duffy's tab "personally" — at least not until months later.

Woodcock, who was director of issues management and responsible for staying on top of controversies affecting the government, testified Monday at Duffy's trial for fraud, bribery and breach of trust. Woodcock said he was responsible for drafting statements for the government and Duffy in cooperation with senators and Duffy.

"Mainly my job was to spot trouble and come up with a strategy for dealing with it," he said.

Woodcock said he first read the top paragraph of Wright's email on March 8, 2013.

"I didn't see it at the time. It actually meant nothing," he told assistant Crown attorney Jason Neubauer.

Neubauer did not pursue Woodcock's answer further.

However, it provides a partial explanation as to how at least one other aide in the PMO, presumably in the know about Wright's payment, failed to flag it to either Prime Minister Stephen Harper or anyone else as a looming political disaster.

It may also explain why, in the early weeks after the $90,000 payment was reported on May 14, 2013, the prime minister continued to tell the public that no one on his staff knew. Emails submitted as evidence show there were up to 13 PMO and senior Conservative officials who knew about it.

At the time of the email to Woodcock from Wright, Harper's office was trying to craft a response to a reporter who had inquired of the Conservative Party if it was helping either Sen. Pamela Wallin or Sen. Duffy with their disputed expenses.

They debated whether to respond.

Wright replied to Woodcock the party would only cover expenses incurred on party business and would not be picking up any of Duffy's housing expenses.

"For you only, I am personally covering Duffy's $90k," Wright wrote.

Woodcock, who appeared Monday as a Crown witness, said he only realized that was in his email in June 2013, well after CTV broke the embarrassing story that Wright had covered Duffy's bill, by which time Wright had resigned.

> **I didn't see it at the time. It actually meant nothing.**
> Chris Woodcock on Nigel Wright's email from March 8, 2013

Woodcock testified he received between 700 and 1,000 emails a day and mostly scanned them for "action" items he would have to move on.

He said he was "actually quite surprised" when he realized then that he'd been informed by Wright of his repayment as early as Mar. 8.

That was more than two weeks before March 26, when Wright had another PMO staffer handle the transfer of his personal bank draft for $90,172.24 to Duffy's lawyer.

TORSTAR NEWS SERVICE

Chris Woodcock said he was "surprised" when he realized he'd been informed by Nigel Wright of Mike Duffy's repayment as early as March 2013. FRED CHARTRAND/THE CANADIAN PRESS

ELECTION 2015

Leaders square off on plunging economy

A precipitous drop in North American stock markets sparked fresh debate on the federal campaign trail Monday about which leader would be the best choice to manage Canada's finances.

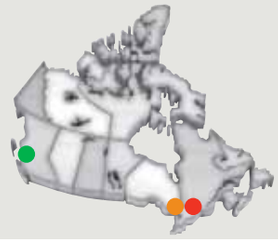
The S&P/TSX composite index dropped 768.5 points shortly after markets opened, before rallying to close down 420.93 points, a 3.12 per cent decline over Friday's close. The dollar, meanwhile, closed down about half a cent.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau blamed Harper for the economic mess and said they could do a better job of running the country's finances.

Mulcair said Harper "put all his eggs in one basket" by focusing the Canadian economy on the oil and gas sector, which has been rocked by a downward price spiral.

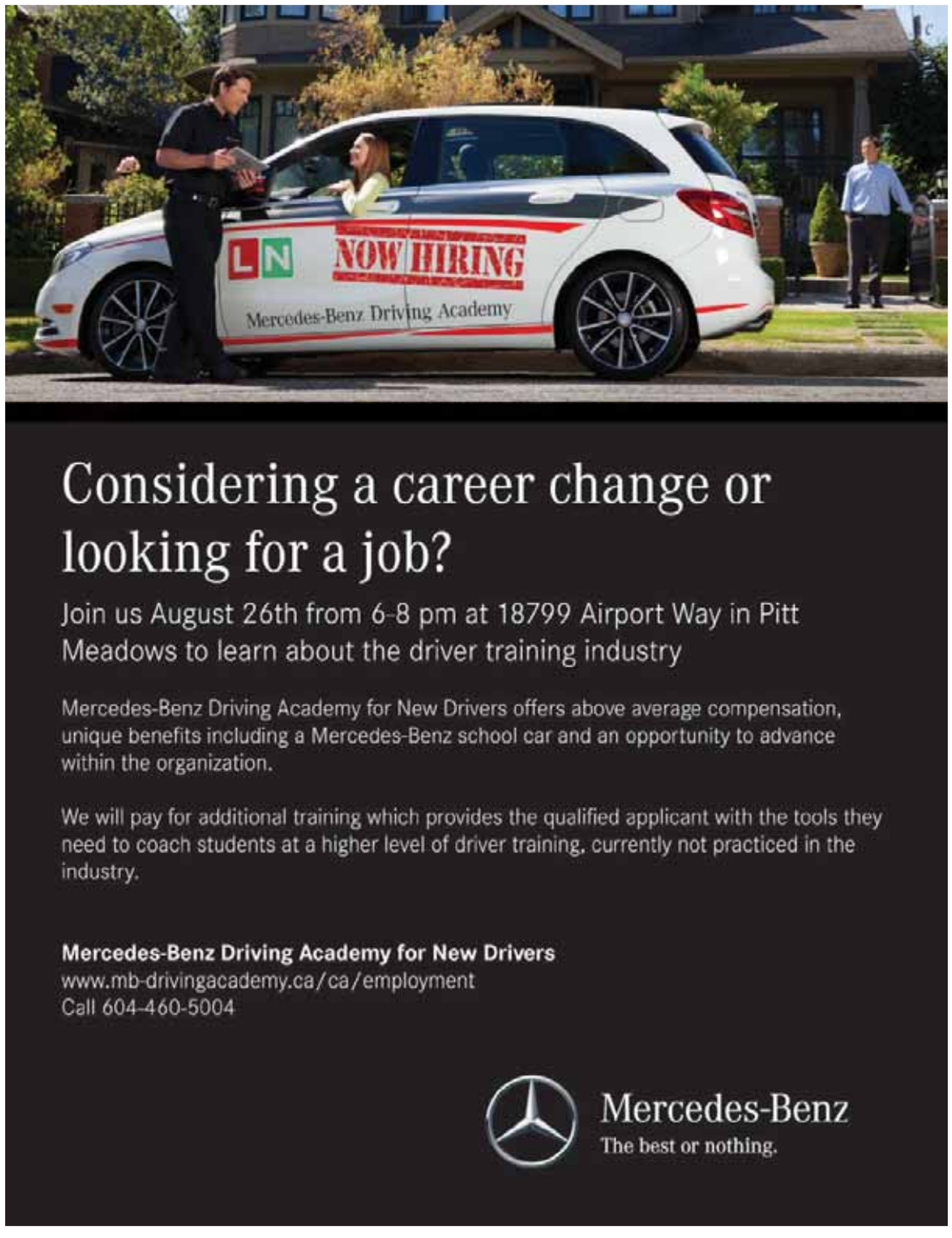
THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY



- **Justin Trudeau** will be in Toronto and Brampton, Ont.
- **Tom Mulcair** will be in Ontario: Dundas, Kitchener and Sarnia.
- **Elizabeth May** will be in Vancouver and Burnaby, B.C.

Stephen Harper's itinerary was unavailable.


LN
NOW HIRING
Mercedes-Benz Driving Academy
Considering a career change or looking for a job?
Join us August 26th from 6-8 pm at 18799 Airport Way in Pitt Meadows to learn about the driver training industry
Mercedes-Benz Driving Academy for New Drivers offers above average compensation, unique benefits including a Mercedes-Benz school car and an opportunity to advance within the organization.
We will pay for additional training which provides the qualified applicant with the tools they need to coach students at a higher level of driver training, currently not practiced in the industry.
Mercedes-Benz Driving Academy for New Drivers
www.mb-drivingacademy.ca/ca/employment
Call 604-460-5004
Mercedes-Benz
The best or nothing.

Gun jam was opportunity to tackle train assailant

PASSENGERS HONOURED

Lone radicals growing terror threat: security experts

The gunman had an arsenal he claims to have stumbled upon in a park near the train station. Like three other men accused of drawing up failed plans for attacks in France recently, the suspect denied any links to terrorism, telling his lawyer he was homeless and wanted to rob a train only "to eat."

Instead, the assault rifle jammed, and he was tackled and bound with a necktie by three Americans and a Briton who were celebrated Monday with France's highest honour. Now, with many lives potentially saved on the high-speed train by quick-thinking and courageous passengers, the limits of a continent's worth of security were thrown into relief by a lone attacker during a less-sophisticated act of violence.

With thousands of Europeans believed to be radicalized by propaganda from the Islamic State of Iraq and the Levant (ISIL), and legions of security forces guarding the most visible targets, governments are increasingly worried about the possibility of carnage by individuals, with little planning, in a setting where there is minimal or no security.

From left: British businessman Chris Norman; Anthony Sadler, a senior at California State University; French President Francois Hollande; U.S. Airman Spencer Stone; and U.S. National Guardsman Alek Skarlatos at the Elysee Palace, Monday in Paris. Hollande pinned the Legion d'Honneur (Legion of Honour) medal on Stone, Skarlatos and Sadler, three long-time friends who subdued a gunman on Friday, Aug. 21, as he moved through a speeding train with an assault rifle strapped to his bare chest. Norman also jumped into the fray. MICHEL EULER/THE ASSOCIATED PRESS, POOL

If the attack fails, terrorist groups simply ignore it. If it succeeds, they claim responsibility for the work done by their "brother."

"This creates a really interesting dilemma for law enforcement. You don't have to be a mastermind or a sophisticated individual to kill a lot of people if you have weapons and they do not," said William Braniff, director of the National Consortium for the Study of Terrorism and Responses to Terrorism.

> **You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon.**
>
> Terrorism expert William Braniff

"You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon."

That, apparently, was something the gunman — identified as Ayoub El-Khazzani, 26, of Morocco — was unable to do, according to Spencer Stone, the U.S. airman who subdued the attacker on a train from Amsterdam to Paris.

Stone said he saw the man holding an assault rifle that "looked like it was jammed and it wasn't working."

THE ASSOCIATED PRESS

SPACE STATION

Orbital research boozy

Spirits arrived at the International Space Station on Monday. Not the ghostly ones, but the kind you drink — distilled spirits.

The six astronauts won't be sneaking a sip. It's all for science.

A Japanese company known for its whiskey and other alcoholic beverages included five types of distilled spirits in a space station cargo ship. The station's big robotic arm — operated by Japanese astronaut Kimiya Yui — grabbed onto the supply craft launched Wednesday by his homeland. Flight controllers helped anchor it down.

The supply ship contains nearly 10,000 pounds of cargo, including the six liquor samples. Suntory Global Innovation Center in Tokyo wants to see if alcoholic beverages mellow in space as they do on Earth.

The samples will be used for experiments and will spend at least a year in orbit before being returned to Earth. An identical set of samples will be stored on the ground in Japan.

The experiment has NASA's blessing. Spokesman Dan Huot said all research flown to the space station is agreed upon by everyone involved. It's not the first liquor-related space study.

Japan also sent up 12 mice aboard the Kounotori vessel, Japanese for white stork, as part of an aging study.

NASA has considerable equipment aboard the supply capsule. Many are replacements for items lost in the failed SpaceX supply run at the end of June. The Florida launch accident destroyed everything on board. The replacements include spacewalking equipment, an emergency breathing kit, toilet wiring and parts for the water recycling system.

The 250-mile-high outpost was in need of fresh supplies, after losing three shipments in eight months. SpaceX remains grounded, as does another U.S. supplier, Orbital Sciences Corp., which suffered a launch explosion last October in Virginia. A Russian cargo ship went out of control in April and was destroyed on re-entry, but the country has since corrected the problem and resumed deliveries.

U.S. astronaut Scott Kelly — who last week said the delivery was "very important" given the circumstances — welcomed the stork.

"Great job by my crewmates," Kelly said via Twitter.

THE ASSOCIATED PRESS

NOTICE OF INTENT
RE: LIQUOR CONTROL AND LICENSING ACT
APPLICATION FOR A LIQUOR PRIMARY (LP) AMENDMENT

An application for an amendment to add an outdoor patio has been received from the Shark Club Bar & Grill located at 180 West Georgia Street in Vancouver.

The current liquor service hours of operation are from 9 AM to 2 AM Monday to Sunday (no change requested).

The proposed change is to add an outdoor patio. The patio has been issued an occupant load of 18 persons. There is no overall increase to the existing LP occupant load.

Residents and owners of businesses located within a 0.5 mile (.08 km) radius of the proposed site may comment on this proposal by

1) Writing to:
THE GENERAL MANAGER
C/O Licensing Analyst
LIQUOR CONTROL AND LICENSING BRANCH
PO BOX 9292
Victoria, BC V8W 9J8

OR

2) By email: lclb.lclb@gov.bc.ca

PETITIONS AND FORM LETTERS WILL NOT BE CONSIDERED

To ensure the consideration of your views, your comments, name and address must be received on or before **September 9, 2015.** Please note that your comments may be made available to the applicant or local government officials where disclosure is necessary to administer the licensing process.

PHILADELPHIA

Inmates building Pope chair for visit

Inmates in the Philadelphia prison system are creating a stately chair to give to Pope Francis when he visits next month.

At a prison workshop on Monday, inmates worked to sand and refinish the wooden chair, which stands nearly six feet tall.

Another group of inmates previously hand-carved the piece out of walnut.

Soon, it will be sent to nearby Curran-Fromhold Correctional Facility to be upholstered by other inmates.

Francis plans to go there Sept. 27 to meet with about 100 inmates and some of their relatives during a two-day trip to the city.

Francis has made prison ministry a focus of his pontificate. He meets frequently with inmates and on two occasions washed prisoners' feet during pre-Easter rituals.

MICHAEL PEREZ/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

ASHLEY MADISON

Police confirm extortion

The hack of the cheating website Ashley Madison has triggered extortion crimes and led to two unconfirmed reports of suicides, Canadian police said Monday.

The company behind Ashley Madison is offering a $500,000 reward for information leading to the arrest of members of a group that hacked the site.

Hackers last week released detailed records on millions of people registered with the website, a month after a break-in at Ashley Madison's parent company, Toronto-based Avid Life Media Inc.

Toronto Police acting staff-Supt. Bryce Evans said the hack is "one of the largest data breaches in the world."

Evans said there are confirmed cases of criminals attempting to extort Ashley Madison clients by threatening to expose them unless payment is received.

He added that the hackers released the entire Ashley Madison client list, which claims to have more than 30 million users worldwide. Evans did not offer details on the unconfirmed suicides. THE ASSOCIATED PRESS

Financial planning critical amid plunge

INVESTMENTS

Experts urge portfolio adjustments as soon as possible

The plunge in the stock markets in recent days may have rattled investors, but a financial adviser says the drop is a reminder of the importance of understanding your risk tolerance and building a strong financial plan.

The S&P/TSX composite index is down more than 15 per cent from its high reached last year, while the Dow Jones industrial average is off more than 10 per cent from its high reached earlier this year.

"If you are telling me today that your risk tolerance is not what you thought it was and you're in the wrong model and you don't want any downside losses, then we have some things to chat about," said Brent Vandermeer, a portfolio manager with HollisWealth.

If the plunge in the markets has rattled your nerves and you've realized that you really can't tolerate the risk like thought you could, Vandermeer recommends making changes to your portfolio now.

"You can't postpone and hope that tomorrow is better," he said. "The trend is usually persistent for a while."

The drop in the market follows a move by China earlier this month to devalue its currency amid concerns about growth in its economy.

The stock market has also been fuelled in recent years by the flood in cheap money made available by central banks, which helped keep interest rates low. THE CANADIAN PRESS

A New York trader deals with U.S. stocks' plummet in early trading Monday. SETH WENIG/THE ASSOCIATED PRESS

IN BRIEF

TransCanada reaches deal with gas companies on Energy East project

TransCanada Corp. resolved a major challenge to its $12-billion Energy East project after reaching an agreement with three natural gas distributors who say the deal insulates customers from the additional costs of converting the pipeline. Under the agreement announced Monday, customers in Ontario and Quebec won't be on the hook for extra construction and development costs and will save $100 million between 2018 and 2050, the natural gas companies said. THE CANADIAN PRESS

market minute

DOLLAR 75.40¢ (-0.54¢)

TSX 13,052.74 (-420.93)

OIL $38.24 US (-$2.21)

GOLD $1,153.60 US (-$6.00)

NATURAL GAS: $2.65 US (-3¢)
DOW JONES: 15,871.35 (-588.40)

TECHNOLOGY

LG unveils new G Pad tablet

Following on the heels of the unveiling of its second generation 8-inch G Pad earlier this month, LG announced on Monday that it has come out with a new version of the Android tablet.

The 10.1-inch G Pad II comes with a larger display at 1920 x 1200, plus a boost in hardware with 2 GB of RAM and a 2.26 GHz Snapdragon 800 processor.

The new tablet also offers several software features, such as an e-reader mode to ease the eyes when reading, and a multitask feature to use two apps side-by-side.

LG also claims that the 10.1-inch tablet will offer one of the best batteries in its class — at 7,400 mAh — which could improve the device's overall appeal.

The company has not announced an official launch date or price for the tablet but will unveil it at the IFA trade show in Berlin next month.

It is expected to be available in North America and Europe. AFP

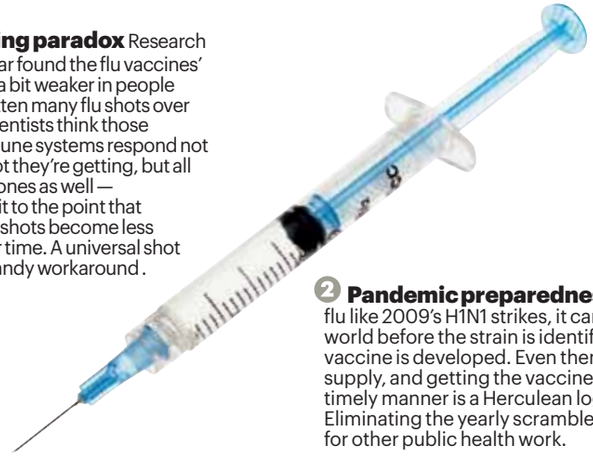
LG's new 10.1-inch G Pad II tablet. COURTESY LG

metro VIEWS

Amid the debate about liberalizing alcohol sales for convenience's sake, recovering alcoholics worry easier access to booze will push many off the wagon. TORSTAR NEWS SERVICE

THE BIG THING: A FLU SHOT TO END ALL FLU SHOTS

Nobody likes needles. The flu shot — though safe and effective — may be the most hated of all, not least because it requires a new jab every year. The science of guessing what strain will dominate sick rooms and emergency rooms in any given season is inexact (last year, the Canadian shot was only about 23 per cent effective against the flu that was going around). New research could potentially change that. In two successful studies published this week, an experimental vaccine using a part of the virus that is universal to all types of flu apparently worked pretty well at generating immunity in mice and ferrets. If human trials show the same, it could be great news for the fight against flu. SOURCE: NATURE MEDICINE, SCIENCE



1 A puzzling paradox Research earlier this year found the flu vaccines' protection is a bit weaker in people who have gotten many flu shots over the years. Scientists think those people's immune systems respond not just to the shot they're getting, but all the previous ones as well — overworking it to the point that additional flu shots become less effective over time. A universal shot would be a handy workaround.

2 Pandemic preparedness When a nasty seasonal flu like 2009's H1N1 strikes, it can be halfway around the world before the strain is identified and a targeted vaccine is developed. Even then, demand often outstrips supply, and getting the vaccine where it needs to be in a timely manner is a Herculean logistical challenge. Eliminating the yearly scramble could free up resources for other public health work.

3 One more shot Misinformation about the supposed "dangers" and ineffectiveness of vaccines spreads faster than an airborne virus around the Internet, despite having no basis in fact. Convincing people to make time for a flu shot every year isn't getting any easier. A single jab that protects again all strains of flu — incorporated into the usual vaccinations required for school — would be an epidemiologist's dream.

Indigenous people have mixed feelings on voting

BIRCHBARK BITINGS

Niigaanwewidam James Sinclair

Last month Assembly of First Nations National Chief Perry Bellegarde called on indigenous peoples to "get out and vote" in this fall's election.

If First Nations voters "send the strong message this time around that our votes matter," Bellegarde declared, "it could have a huge impact."

Hundreds of indigenous leaders have followed suit, and this election is expected to see the highest participation of First Nations voters since Prime Minister Diefenbaker gave us the right in 1960. In addition, many indigenous candidates are running for office. Indigenous issues are mentioned regularly during campaign stops.

Long ignored, indigenous peoples are a part of today's national electoral conversation. The challenge is that many First Nations do not vote for legitimate reasons.

Some don't believe parties' promises of funding for currently inequitable education and health systems, inquiries into murdered and missing indigenous women or justice for long-standing land claims. So they don't see a viable option. Many reasons, however, go much deeper.

A big one is that many indigenous peoples maintain the position (via documents like treaties) that First Nations are autonomous nations — and to vote in another nation is like a French voter voting in a Belgium election.

Another is that Canada continues to institute an ongoing cycle of violence (see: the oppressive Indian Act), and for indigenous people to participate in a system that refuses to change is to be complicit in their own abuse.

Yet another reason argues that energy is better spent on building the autonomy, government and sense of community for indigenous nations than on buying into false notions of Canadian "unity."

At the same time, it's hard to argue with Bellegarde. In 51 electoral ridings, indigenous voters are the majority. Their votes could make the difference between a majority and minority government.

It's also hard to argue with critics of voting. After nearly 55 years, Canadian politicians have failed unilaterally to serve indigenous voters, and many socio-economic indicators show that many indigenous peoples are worse off now.

Today, there is no more pressing issue in Canada than reconciliation with indigenous peoples. As evidenced in the struggle over the Harper government's energy agenda, First Nations hold the keys to any economic future involving resources such as oil and water.

Unless Canada finds another way, indigenous peoples have to be meaningfully engaged in federal politics.

To some aboriginal people, this country has seemed like a big, happy party, and they've been on the outside looking in.

Now that they've been invited, some don't want to enter. Others, like those who work in institutions such as universities, often work for both better indigenous governance and better representation at the federal level. I vote, but certainly understand my relations who don't.

For Kanata (Iroquoian for "village") to truly live up to its name, this Oct. 19 must be a step in a direction where both paths can be reconciled.

Niigaanwewidam (Niigaan) James Sinclair is a writer, activist, and Department Head of Native Studies at the University of Manitoba.

metroview

Liberals: Millennials are not in the mushy political middle

Dan Darrah
For Metro

"I want to vote Liberal, but I just can't."

It's a phrase I've heard muttered in university bars, and it's usually shorthand for the futility of Liberal pandering.

For much of our history, the Liberals catered to a broad "public" consisting of groups — middle class workers, socially liberal yuppies, small-business owners — whose support has been gradually siphoned off by the Conservatives and NDP. The party's response was to elect Justin Trudeau as leader, extending an olive branch to young voters.

It's a sensible strategy, and the campaign presented a clear opportunity to make good on it. As a young voter, I can tell you the Grits have our attention. Many of us believe in legalizing and regulating marijuana; the Liberals agreed before it was politically popular. Many of us think raising taxes on the rich will help address income inequality; the Liberals have pledged to raise income taxes on high earners.

Meanwhile, the NDP promises raising taxes is "not on the table." And there's the surfaced footage of NDP Leader Thomas Mulcair lauding former U.K. Prime Minister Margaret Thatcher's policies. As a rule, young voters are not fans of Thatcher-style neo-liberalism and trickle-down economics.

Such could be the basis of Liberal gains at the NDP's expense. But the Grits are blowing it by falling back an old habit: Pandering to too many crowds, many of which are lost causes as voters.

It's not very likely Conservative voters will stray from the Tories because the Liberals supported anti-terrorism legislation the incumbents introduced. Yet Trudeau instructed his caucus to support C-51, a contentious bill Millennials have widely derided as an affront to digital privacy. In so doing, he sent throngs of young voters to the NDP.

The Liberals' C-51 play stands in for many politically insecure stances. Their record under Trudeau suggests the party's ideal voter is someone who wants a government concerned about personal liberty but only occasionally interested in upholding it; moderately concerned about the environment but unsure if the answer is cap-and-trade, a carbon tax or nothing at all; supportive of the middle class but not to the extent of implementing a federal minimum wage or national child care.

The NDP has its base. The Conservatives, theirs. Liberals dominated the 20th century by occupying the mushy middle; not turning anyone off. But the 20th century is over. In the 21st, the Grits' wishy-washy platform is turning off young voters when they're needed most.

Dan Darrah is a public policy student at Ryerson University and an editor at Critical Perspectives (criticalperspectives.org)

Rosemary Westwood will return next week.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Stephanie Seymour the new face of The Room at the Bay

How safe are your skin spots?

AGING

How doctors assess skin patches and pigmentation

Middle age often carries with it a number of advantages, one of which is a clearer complexion. But as acne becomes a distant memory for most people, other issues arise to plague aging skin.

Sun spots, age spots, liver spots, granny warts — whatever you call them, brown pigmented spots are common eruptions as we age.

Dermatologists don't use these terms, knowing that what one person calls a liver spot another will call an age spot. But assessing and excising these pigmented spots is a daily event for skin doctors.

"Pigmented lesions and brown spots are a huge part of dermatology," says Dr. Lisa Kellett, a Toronto dermatologist who works at the clinic DLK on Avenue.

"Sometimes they just want reassurance," Kellett says of the patients she sees with these skin spots.

"And other times they say, 'You know, I really hate the look of this. Can you get rid of it for me?'"

There are two main types of these pigmented brown spots, solar lentigines and seborrheic keratoses.

The good news is that both are benign; they are not early manifestations of skin cancer.

But people should not self-diagnose what they are seeing, Kellett says. She tells her patients she wants to see them if they develop new spots or moles, or if existing ones change.

Protection
Most people use much less sunscreen than they need

Dr. Benjamin Barankin agrees.

Medical director of the Toronto Dermatology Centre, Barankin says these types of pigmented brown spots are not directly linked to a higher risk of skin cancer. But these spots pop out when people are older — which is also the time when the risk of developing cancerous melanomas increases.

As well, people who have these spots may become complacent — taking reassurance from the fact they were once told those brown patches aren't skin cancer — and miss a melanoma hiding among an array of pigmented spots on their backs, Barankin says.

So what are solar lentigines and seborrheic keratoses?

Let's start with lentigines. You may never have heard the term, but if you can picture the hands of an elderly white adult, you probably know what they are.

As freckles can dust the nose and the cheeks of some fair-skinned folks, brown spots can mottle the skin on the back of some aging hands.

Lentigines or lentigos are like freckles, says Barankin. But where a true freckle will fade in the winter when sun exposure is limited, these spots do not go away on their own.

Lentigos are the result of sun exposure. If you are fair skinned and you don't want them dotting the backs of your hands, limiting sun exposure or protecting your skin with a sunscreen with a sun protection factor, or SPF, of at least 30 is advised.

Slather it on, says Barankin, who notes most people apply about one-third to one-half of the recommended amount of sunscreen.

Some commercial bleaching creams will help fade these spots, but may not get rid of them entirely if they are dark and have been on the skin for a while.

Dermatologists can zap these spots off using either a laser or liquid nitrogen. The procedure is not covered by health care. And if your skin is prone to developing lentigines, unless you protect it from the sun you will likely develop more.

The other type of pigmented brown spot is a seborrheic keratosis — or keratoses, if you have more than one. People who develop these crusty, dark brown spots often do.

Barankin sees patients with dozens of these spots, which are generally found on the torso. They are not caused by sun exposure.

Dermatologists can also zap off seborrheic keratoses, using the same techniques as they do for lentigines.

"For the flat ones, it has a success rate of between 85 and 90 per cent with one treatment," Kellett says of laser therapy.

Really thick keratoses that have been around for a while may need to be cut out, she notes.

And both she and Barankin say if you don't like these spots, it's easier to get rid of them when they are new.

"Whether it's the keratosis or the lentigo, they will come off easier the earlier you get at them," Barankin says.

THE CANADIAN PRESS

Swimming and running their way to the finish

Two scenes from Swimrun in May. FREDRIK ERIXON/HANDOUT

COMPETITION

Swedish competition is among hardest races in world

Swim a little, run a little — make that a lot — as you navigate fresh trails, choppy water and extreme temperature transitions with a magnificent landscape as the backdrop. That's what to expect from a Swimrun — a Scandinavian trend spreading far and wide.

There's no such thing as an indoor Swimrun: Natural courses span through forests, across rivers and over islands — basically anywhere that's off the beaten path.

Swimrunners race in teams of two, and because the courses are so hardcore, a minimum age of 18 is required for most competitions.

From start to finish, teams bring their equipment, which includes wetsuits to keep them insulated; northern waters are frequently just 10 degrees Celsius, even on the hottest days.

Water and food checkpoints are positioned throughout the course, along with medical staff to survey the athletes in case of an emergency.

The simple blend of trail running and open water swimming started in Sweden, where extreme sports enthusiasts and a rocky, ragged archipelago gave way to ÖTILLÖ, the original Swimrun race that later became the Swimrun World Championship.

At ÖTILLÖ, teams skim a total of 26 islands off the coast of Stockholm, covering a distance of 75 kilometres, 10 of which are crossed by sea.

They make a total of 52 transitions, hopping in and out of the water and sprinting across the islands.

Swims range in length between 100 and 1,780 metres and runs are between 70 and 19,700 metres, according to event organizers.

The dawn-to-dusk race was conceived in 2002 by Anders Malm of Utö, Sweden, and his colleagues when they challenged each other to a casual version of the race. The last team to hit a predetermined restaurant had to pay for what the teams that arrived before them had ordered.

Known as the founders of Swimrun, Michael Lemmel and Mats Skott commercialized the sport in 2006 and the trend started its journey across Scandinavia.

As word of the trend spread, spinoff races started cropping up along ragged coastlines including the Norwegian fjords, drawing an increasingly international crowd each time.

The Swimrun World Championship will celebrate its 10th anniversary Sept. 7, when 120 qualifying teams — the best of the waiting list of 550 — will sweat and shiver it out for what is becoming renowned as one of the toughest races in the world.

The final list of participants represents more than 23 nationalities and an Alpine version of the sport is hitting the mountains. AFP

IN SWITZERLAND

Canada for the win

Last year, in a competition in the Engadin valley in the Swiss Alps, Swede Björn Englund and Canadian Paul Krochak won the race that was a mix of trail running and swimming for a total of 52 kilometres in mountain terrain.

They crossed the finish line in 06:28:10, beating the second-place win by half an hour. METRO

evo
CAR SHARE
SUMMER CINEMA
STANLEY Tuesdays PARK
FILM ★ FOOD ★ FUN
TUESDAY AUG. 25
TOMORROWLAND
Free!
OUTDOOR MOVIE NIGHTS AT SECOND BEACH IN STANLEY PARK
Movie starts at dusk. Bring your own blanket or lawnchair. Family friendly event (no smoking/no alcohol). View full movie schedule and purchase VIP Seating at:
summercinema.ca
metro metronews.ca
freshair cinema

EXERCISE

Five outdoor activities to tone your body by fall

Exercising outdoors is the new big thing and fitness coach Thétis Guimbioko has come up with five easy exercises you can do using what's around you.

On the ground

Squats are a great way to strengthen your thighs and buttocks.

Start in a standing position, with shoulders broad and back straight, feet at waist width and toes aiming slightly towards the outside. With your body weight on your heels, bend your knees and lower your body, making sure your knees do not pass your toes, until your legs form a 90-degree angle.

Do five sets of 10 reps with a 30-second rest in between.

On a chair

This exercise is normally done standing up, but starting in a seated position is an alternative for beginners.

While sitting in a chair, the goal is to work the oblique abdominal muscles. Place your hands behind your head and keep your knees at a 90-degree angle. Rotate your upper body to the left and then return to the middle before rotating to the right.

Continue these rotations for three to five minutes. Inhale on one side and exhale on the other. This is an ideal exercise to slim the waist.

On a bench

The starting position for this exercise will have your hands holding the bench behind you and supporting your body, straight and extended, at a 45-degree angle to the ground.

Basically this is a mix of a reverse pushup and a dip. You'll want to lower your body until you touch the bench and then push yourself back up.

There's no better way to strengthen the muscles on the back of your arm. Do five sets of 20 reps with a 30-second break in between.

Against a fence

If pushups are too difficult for you, this exercise using a fence is a great alternative.

Lean into the fence at a 45-degree angle, in basic pushup position. Make sure your hands are holding the fence at shoulder height and then lower yourself until your chest touches it. Exhale on the way down and then inhale as you push yourself back up. Take care to keep your body straight throughout.

Don't forget to stretch. ISTOCK

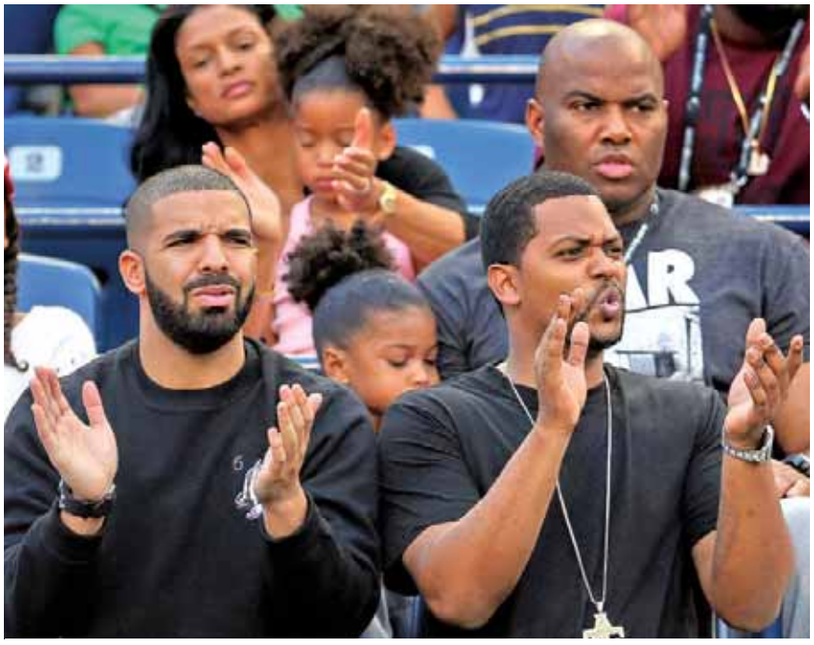
Do five sets of 20 reps with a 30-second rest in between. Perfect for working the shoulders and arms.

In a stairwell

One of the best cardio exercises you can easily do is climbing stairs. Quick bursts up a set of stairs will burn calories and tone your buttocks, thighs and calves.

Find a staircase that's not too long and, keeping your body as upright as possible, race up and then turn around and come back down.

Do five sets of five with a break in between sets that lasts as long as the activity itself. AFP



Drake watching one of Serena's games, where he's becoming a fixture. ALL PHOTOS GETTY IMAGES

Great match

SPOTTED

Cellphone photos show Drake and Serena kissing

IN HOLLYWOOD

Ned Ehrbar

Thanks to some super-grainy cellphone pictures posted to TMZ, we have pretty solid confirmation that there's truth to the rumours about Drake and Serena Williams being an item that have been floating around all summer.

The pair dined at a swanky city restaurant — apparently Cincinnati has fancy restaurants, who knew? — and were spotted looking extra cosy and lip-locked.

Earlier that same day, Williams won the local WTA tournament, with Drake doing his new regular thing: watching her play from the stands.

Hey, it beats fending off Meek Mill jabs, right?

BREAKUP

One Direction going different directions

We're still reeling from Zayn Malik's decision to walk away from One Direction, and now this: The hugely popular boy band is reportedly splitting up, and the remaining four skinny jeans-wearing boys are going their separate ways.

But they'll be back, an inside source tells The Sun, just after a few solo projects starting around March. No bad blood. Really.

Stop me if you think you've heard this one before.

"The guys have been together for five years, which is an incredible run for any boy band," a source says. "It is definitely not a split and they fully intend to get back together at some time in the future ... but for now it is the end." Well, not exactly, as their current tour runs through the end of October, and they have an album coming out in February. But after that? Totally over. For about a year. JOHN A. OSWALD/METRO

One Direction is taking a final bow... for now. GETTY IMAGES

SCIENTOLOGY

Cruise let off the hook by reporters

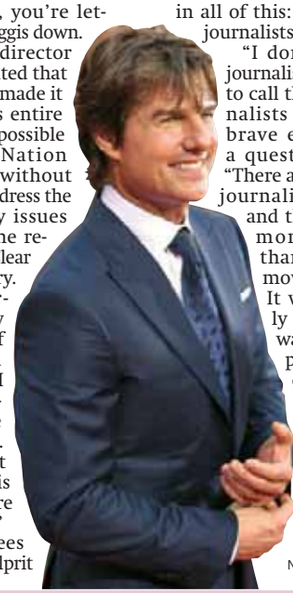
Journalists, you're letting Paul Haggis down. The Crash director is disappointed that Tom Cruise made it through his entire Mission: Impossible — Rogue Nation press tour without having to address the Scientology issues raised by the recent Going Clear documentary.

"We forgive anybody anything if they're a movie star, I guess," Haggis tells the Daily Beast. "That's not his fault. His PR people are very smart."

Haggis sees one main culprit in all of this: entertainment journalists.

"I don't know how journalists can continue to call themselves journalists if they aren't brave enough to ask a question," he says. "There are things called journalistic integrity, and there are things more important than promoting a movie sometimes. It was so glaringly obvious. There was this huge elephant there, and every journalist agreed not to address it. Why? You're just a PR person at that point. Shame on you."

Way harsh, Paul. NED EHRBAR/METRO



TELEVISION

Missy Elliott joining Pharrell on The Voice

The roster of talent on The Voice keeps getting more crowded, as now Missy Elliott has signed on to serve as an adviser for Pharrell Williams' team on the singing competition, which returns Sept. 21, according to E! News.

Previous advisers for Williams' team have included Lionel Richie and Alicia Keys, so it will be interesting to see what advice someone who is not necessarily a singer has for the contestants.

For the ninth season, Elliott joins the adviser ranks that already include Selena Gomez for Gwen Stefani's team and Brad Paisley for Blake Shelton's. Adam Levine, on the other hand, is going with ... John Fogerty? Sure, I guess. And, as NBC previously announced, Rihanna will be advising all contestants, regardless of spinny-chair judge affiliation.

Wait, how are we already up to a ninth season of The Voice? I feel old. NED EHRBAR/METRO

GOSSIP IN BRIEF

Underaged O'Donnell sent nudes, say prosecutors

The owner of a home where Rosie O'Donnell's teenage daughter was found last week sent the girl a nude photo, prosecutors said Monday.

Steven Sheerer, 25, is accused of having inappropriate online communications with 17-year-old Chelsea O'Donnell. He faces charges of child endangerment and distribution of obscenity to a minor. Ocean County prosecutors say a conviction could bring up to 10 years in prison.

Sheerer was arrested Friday night at his home. Chelsea O'Donnell was found at the home Aug. 18.

Authorities said police went to the home and the person answering the door initially did not want to reveal Chelsea's presence. Police said they told the occupant they would not leave until she came out; Chelsea then appeared and willingly left with police.

Sheerer's arrest came several hours after authorities obtained the girl's cellphone with her mother's consent, prosecutors said. They found "inappropriate communications" over the last several weeks between Sheerer and Chelsea, prosecutors said. THE ASSOCIATED PRESS

IRON+C
More than iron, for all
Distribution by AP MARTIN
Visit our 'Where to Buy' page to find a store near you!
Ferrous Gluconate
Folic Acid
Vitamin B12
Inulin
Vitamin C
Vegan Certified
Sugar Free
Effervescent
Surrey, Langley 604-518-4491
Richmond 778-709-3036
Burnaby, Vancouver 604-644-6766
Toronto 519-859-0217
Vancouver 778-828-1960
www.canadianpharmaservices.com
CPS

SHUTTERSTOCK

Investing in infrastructure

Daniel Hendriksen
For Metro

Compute Canada's national Advanced Research Computing (ARC) platform will receive a $30-million investment from the Canadian Foundation for Innovation (CFI).

Simon Fraser University (SFU) has been announced as the institution to lead the way in Compute Canada's funding proposal to CFI under its cyber-infrastructure program. The funding will assist Canadian universities in developing a high-performance cyber network. This will enable Canadian researchers to access and analyze massive pools of data in search of a far deeper understanding of how the scientific, social, health and economic worlds connect.

Martin Siegert of SFU IT services said the funding announcement is much needed in Canada's advanced research computing infrastructure.

"The funding committed to the Compute Canada site at SFU will be used to purchase equipment that will be installed in a highly energy efficient state-of-the-art data centre at SFU's Burnaby campus," Siegert said in a media release. "The significant funding will go a long way to establish SFU as one of the key centres for advanced research computing in Canada."

SFU, the University of Toronto, the University of Victoria, and the University of Waterloo will be the four host sites for the new systems, managed by Compute Canada.

"Secure, stable, and advanced computing infrastructure is the backbone of university research and innovation," said Joy Johnson, SFU vice-president of research. "We applaud the government of Canada for its forward-looking investment and are delighted to host a national data centre. Over the past decade, SFU has strengthened its capability to assist in large-scale, data-intensive research initiatives. We look forward to expanding our relationship with Compute Canada and West Grid to support the optimization of computational resources for the benefit of the national research community."

MEDICAL MARIJUANA

Kwantlen Polytechnic blazing a new trail

Those interested in starting their own medical marijuana business can officially take classes to learn the ins and outs of the industry.

Starting in September, Kwantlen Polytechnic University (KPU) will be offering two seven-week professional courses aimed at teaching students about what it takes to run a successful marijuana business.

KPU is the first university in Canada to offer courses involving the medical marijuana industry. The courses will be delivered online, and taught by Canadian National Medical Marijuana Association executive director Deepak Anand, and Tegan Adams, business development manager at Experchem Laboratories.

The industry of medical marijuana has been experiencing rapid growth in Canada, and it is for that reason that these courses fill a niche, said Jim Pelton, executive director of continuing and professional studies at KPU.

"Medical marijuana is in the news everyday, and it's an evolving industry that's growing very rapidly," Pelton said in a media release. "KPU is certainly blazing a trail in terms of helping people navigate the business and professional landscape of managing medical marijuana in Canada."

Students who register for the courses will learn about plant production, facility management theory, becoming a licensed producer, marketing, sales, patient acquisition strategies, medical conditions and drug development processes.

The courses were developed with significant input from industry experts.

"Working closely with industry leaders on course material has ensured students will receive accurate information on this highly regulated industry."

Canadian National Medical Marijuana Association executive director Deepak Anand

"Flexible for all learners, students can expect to actively engage in problem-based learning techniques, participate in online teaching and discussion forums, and access resources such as the CNMMA and Experchem Laboratories," Adams said. "KPU is in an excellent position to offer the course to anyone, anytime."

"Working closely with industry leaders on course material has ensured students will receive accurate information on this highly regulated industry," Anand said. "With its extensive understanding of the medical marijuana industry, the CNMMA readily agreed to help facilitate the curriculum development for the course, the first of its kind in Canada."

For more information, please visit kpu.ca/cps.

DANIEL HENDRIKSEN

VLN VANCOUVER LEARNING NETWORK
B.C.'s Largest Online School
Education the Way You Want It
Part of: VSB Vancouver School Board
Free for BC Students
Highly Trained Vancouver School Board Teachers
Over 90 Self-Paced, High School Accredited Courses
Find out more at: vlns.ca
@vln39 Vancouver Learning Network

Evolution of an idea

Daniel Hendriksen
For Metro

A Langara College fine arts instructor had a piece of her art displayed at the 21st International Symposium on Electronic Art (ISEA) in Vancouver last week.

Electric Heart by Suzi Webster was one of the exhibits on display at the international arts and technology event.

"Electric Heart is the culmination of four years of research, an idea that has evolved since I first encountered the idea of technology that could be wearable more than 10 years ago," Webster said in a media release. "I'm excited to participate in ISEA2015. Thank you to the Langara Faculty Association, without whom this wouldn't have been possible. I look forward to sharing my experience with my students this fall."

The art is well represented by its name. It is a bioresponsive and interactive piece of clothing that allows a person at a distance to use an iPhone app and oximetry sensor technology to record and send their heartbeat to the person wearing the garment. The clothing will then turn the received heartbeat into pulses of light and colour. The goal at that point is to have the heartbeat of the person wearing the garment synchronize with the heartbeat of the person at a distance.

"Suzi's work is an excellent example of applied research at Langara that spans multiple disciplines," said Julie Longo, dean, faculty of arts.

"We're excited for her opportunity at ISEA2015, and take pride any time our instructors get to showcase their talents on the world stage. Her passion for art, design, and research is something she continues to impart to her students here at Langara."

SHUTTERSTOCK

PREVIOUS PRESIDENT NOW INTERIM AT UBC

What's old is new again at the University of British Columbia (UBC). President Dr. Arvind Gupta has resigned from his post, and former president, Dr. Martha Piper, will take over on an interim basis.

Gupta, who took over as the institution's president last July, announced he is leaving the position a little more than a year into a five-year term. UBC board of governors' chair John Montalbano said in a press release that Piper, who served as president from 1997-2006, will serve as interim president from Sept. 1, 2015, to June 30, 2016. In the meantime, the board will start its search for a permanent replacement.

Piper holds a PhD in epidemiology and biostatistics from McGill University. She has an impressive resumé that includes the Orders of Canada and British Columbia. Additionally, Piper is a fellow of the Royal Society of Canada.

"We look forward to her enthusiastic engagement with our students and employees," Montalbano said. "Building on the legacy of her predecessors, and working together with her academic colleagues, the board of governors and UBC's executive team, Dr. Piper will guide us well as we continue to deliver a globally renowned learning and research environment."

For more, visit ubc.ca.

SPONSORED CONTENT

NYIT launches first two professional development courses

It has campuses across the world, but New York Institute of Technology's (NYIT) Vancouver location is at the forefront of addressing local students' needs with the launch of its first two professional development courses.

"NYIT Vancouver is developing a niche within local small and medium-sized businesses and these programs allow us to support employees and employers in this sector," Paul Dangerfield, dean and executive director of NYIT's Vancouver campus, says of the new online marketing management and SME adviser certification offerings. "We are able to provide the right kind of education because we are working directly with the community to ensure what we are doing is relevant."

The SME adviser program, Dangerfield says, is Vancouver's first executive offering specifically designed for professionals serving the small and medium enterprises (SME) market.

"Participants acquire key strategies to strengthen clients' businesses within the SME market," Dangerfield says. "It covers areas such as accounting, financial planning, management consulting, marketing and more."

The online marketing management program, meanwhile, is for online marketing managers and provides a big picture understanding of online marketing strategy as well as hands-on skills for day-to-day management of online marketing tactics, Dangerfield says.

For more information, please visit nyit.edu/canada/professional_development.

EARN YOUR MASTER'S DEGREE FROM A GLOBAL INSTITUTION

AACSB ACCREDITED M.B.A.

AACSB ACCREDITED

Choose a general MBA or a concentration in finance or tourism

Credit transfer and campus transfer options are available

Access a variety of internship and practicum opportunities

For more about our programs, call 604.639.0942 or visit us at nyit.edu/**canada**

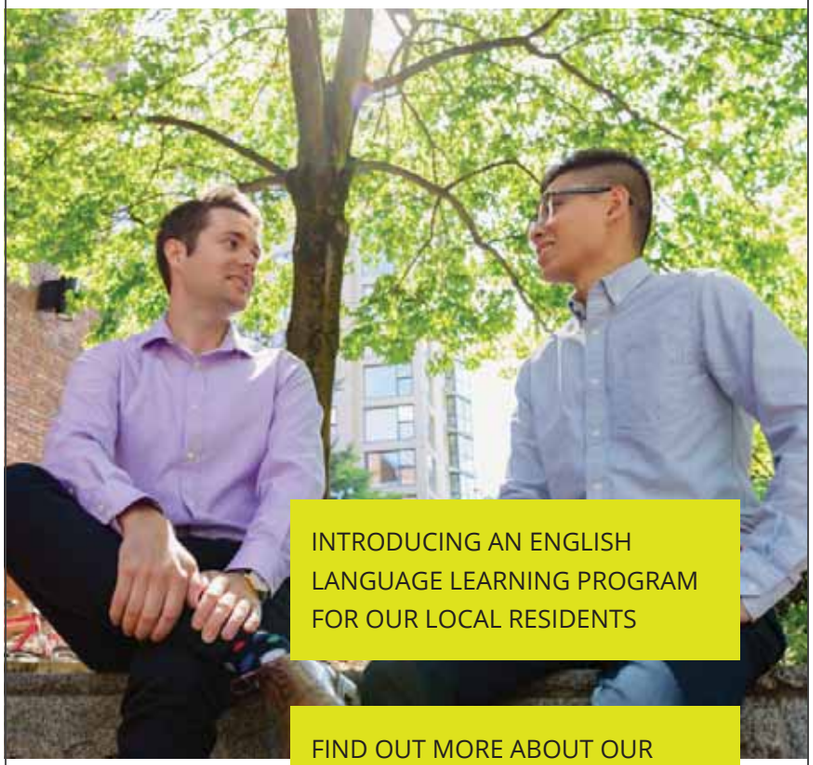
New York Institute of Technology
701 W. Georgia St. 17th floor, Vancouver, Canada
vancouverinfo@nyit.edu

NYIT

87% OF NYIT GRADUATES GET JOBS IN THEIR CHOSEN FIELDS WITHIN 6 MONTHS

English
Solutions

POWERED BY VANCOUVER ENGLISH CENTRE



INTRODUCING AN ENGLISH LANGUAGE LEARNING PROGRAM FOR OUR LOCAL RESIDENTS

FIND OUT MORE ABOUT OUR PROGRAMS AND GO REGISTER AT:
english-solutions.ca

Part-time and Full-time Schedules

Whether you are working, taking care of your family or need short-term intensive studies, we have the schedule that is right for you.

Specialized Programs

IELTS Preparation
Professional Studies
Cultural Studies
English for Families

Great Location

In Yaletown at **250 Smithe Street** between Stadium-Chinatown and Yaletown Roundhouse stations.

Contact Us

Talk directly with one of our representatives at **(778) 403-4472** or email **english.solutions@vec.ca**.

Fall and Winter 2015/16 Start Dates

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
21	19	16	14	11

NOW ACCEPTING APPLICATIONS!

CONTRIBUTED

ENGLISH SOLUTIONS OFFERS FLEXIBILITY

With a 2014 Statistics Canada report projecting that immigrants arriving from overseas could increase the province's population by as many as two million people in the next 25 years, one of the country's leading language schools is answering with new programming.

"The English solutions program offers three possibilities and schedule flexibility," says Alen Dominguez, the marketing manager for Vancouver English Centre, which has been serving the city for more than 20 years. "It is designed so that people working part or full time can find a schedule that will work for them."

Launched a month ago, with classes beginning Monday, English solutions is focused on improving students' English skills at home and in the workplace while building an understanding of Canadian culture. Dominguez says the program lasts four weeks and features areas such as professional studies (which is further broken down into business basics, essential job skills, and business grammar and writing), International English Language Testing System (IELTS) preparation and cultural studies.

Current English proficiency and personal goals determine to which area students proceed, Dominguez says.

"The idea was to make the program inclusive because one mandate of the Vancouver English Centre is 'English for everyone,'" he says. "Professional studies prepares students for every situation in their career, from entering the Canadian job market to advancing at their company. IELTS prep is for those who want to take the IELTS exam, which is a requirement for many immigrants to Canada, and is the most commonly recognized test that measures English skills to land a job or pursue residency in Canada. And cultural studies, with its Hello Vancouver class, focuses on the English basics of etiquette and social interactions while challenging students to apply their skills in real-life situations."

With classes offered in the morning, afternoon or evening, Dominguez says the goal is to make English solutions the school's most flexible offering. Further increasing that flexibility is the English for families option. An add-on to English solutions, it offers language skills to children and parents at the same time, on the same campus.

For more information, visit vec.ca.

Think about what you want to accomplish

Entering college or university can be one of the most daunting experiences in a young person's life. So with a new academic year upon us, we have collected some tips for students beginning their post-secondary journeys this September.

SHUTTERSTOCK

SET GOALS FOR THE YEAR. The first month of school will be a blur, so before September hits, write down your goals to help focus your efforts.

"Take some time to reflect about what it is (you) want to accomplish," says Cheryl Shook, assistant principal at Woodsworth College, University of Toronto. "For instance, 'I want to do well academically,' or 'I want to meet new and interesting people.'"

REMEMBER, YOU AREN'T ALONE. "All students that go to university go through it together," says Joel Aspden, a campus ambassador at the University of Alberta in Edmonton. "You're not expected to know everything before you arrive."

ASK QUESTIONS. Students sometimes find it tough to seek assistance, Shook says. But students need to be proactive, not passive, when it comes to figuring out post-secondary life. "Whatever school (students) go to, university or college, there's a whole lot of people and resources that are there for them," Shook says. "They just need to figure out how to access them."

ESTABLISH YOUR COMMUNITY. Finding people with common interests is a great way to feel more grounded and secure on campus.

"It's easier said than done, but you can start small," says Woo Kim, student development officer at UBC. "Say hi to someone in your class, ask someone to go for coffee, make plans to study with a classmate. It's intimidating for sure, but it can definitely be very worth it."

MAINTAIN A BALANCE. Clubs and teams are a great way to get involved, but don't be fooled by seemingly light class schedules — time management is crucial for success.

"If there's one thing I hear from undergraduates every single year it's, 'I wish I had started working and doing my homework sooner,'" Shook says.

Talking to your professors, Kim says, is a great way to stay on top of the academic side of things.

"Professors want students to do well, they want to answer their questions," she says. "It's important that students are taking advantage of that." *– Daniel Squizzato*

CONTRIBUTED

LEARN, DEVELOP YOUR TRADES SKILLS

Expansion demand in residential, commercial, and industrial properties has led to a significant rise in the need for skilled trades workers. WorkBC projects more than 13,000 jobs for electricians until 2022.

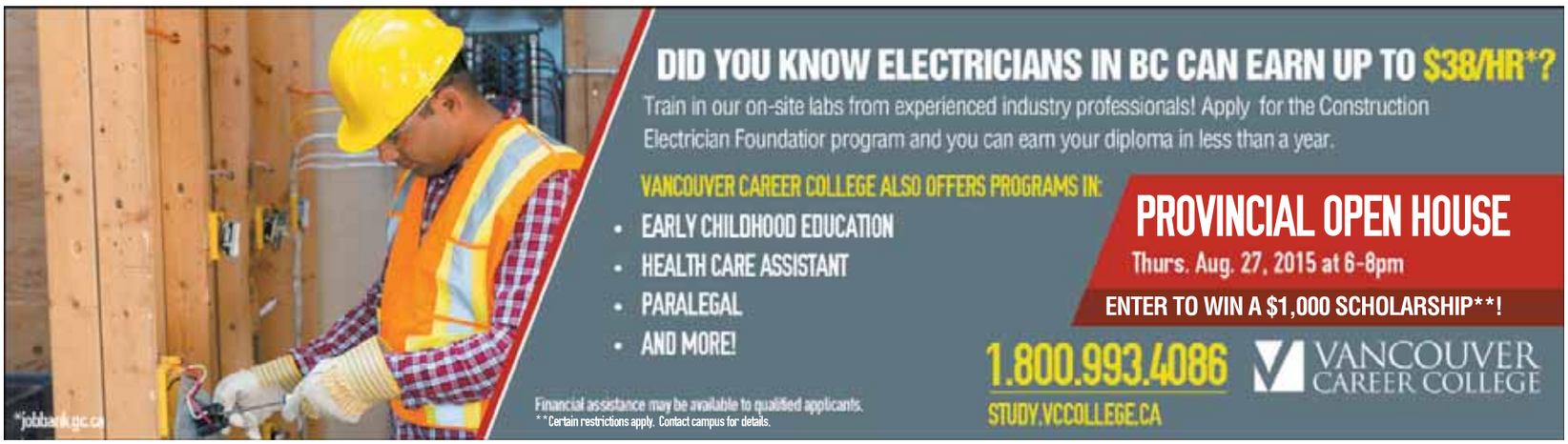
With increased residential, commercial, and industrial expansion in British Columbia, there is no time like now to begin your training in the construction electrician foundation program at Vancouver Career College.

Unlike other occupations where textbook studying may be sufficient, trades workers from programs such as construction electrician foundation depend on hands-on training to learn, develop, and adapt their skills before entering the field.

"I got inspired because I want to be somebody, I want to make something of myself," said Travis N., construction electrician foundation graduate. "Hands-on classes were great. With this, you were actually able to go into the work and practise what you were going to be doing for the rest of your life."

Vancouver Career College provides a student-focused environment so students receive the one-on-one feedback they need to excel in their field of study. With practicum placements included in many programs, students can also hone their skills and techniques, as well as gain real-world experience.

For more information on Vancouver Career College's trades programs, call 1-800-993-4086 or visit study.vccollege.ca.


DID YOU KNOW ELECTRICIANS IN BC CAN EARN UP TO $38/HR*?
Train in our on-site labs from experienced industry professionals! Apply for the Construction Electrician Foundatior program and you can earn your diploma in less than a year.
VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:
• EARLY CHILDHOOD EDUCATION
• HEALTH CARE ASSISTANT
• PARALEGAL
• AND MORE!
PROVINCIAL OPEN HOUSE
Thurs. Aug. 27, 2015 at 6-8pm
ENTER TO WIN A $1,000 SCHOLARSHIP**!
1.800.993.4086
STUDY.VCCOLLEGE.CA
VANCOUVER CAREER COLLEGE
Financial assistance may be available to qualified applicants.
* * Certain restrictions apply. Contact campus for details.

VCC.CA

Go ahead. Get skilled.

Skilled workers are in high demand. Explore ways to get skilled and get ahead in a new career.

Join us for a free information session

Program	Campus
Automotive trades Tuesday, Aug. 25, 11 a.m. – 4th floor, Bldg A	Broadway
Interior design Tuesday, Aug. 25, 5:30 p.m. – room, 718	Downtown
English as an additional language Tuesday, Aug. 25, 6:30 p.m. – room 3664 Thursday, Aug. 27, 10:30 a.m. – room 920	Broadway Downtown
Gemmology Wednesday, Aug. 26, 6 p.m. – room 164	Downtown
Skin and body therapy (esthetics) Wednesday, Aug. 26, 4:30 p.m. – room 201	Downtown
Hair Design Wednesday, Aug. 26, 4:30 p.m. – room 201	Downtown
Culinary arts (professional cook 1 - ESL) Friday, Aug. 28, 9:30 a.m. – room 112	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

VCC.CA
604.871.7000

PAUL JOSEPH PHOTO

ADDRESSING WIDE RANGE OF NEEDS

VCC ENGLISH AS AN ADDITIONAL LANGUAGE

Not all English as an additional language (EAL) learners have the same goals, which is why Vancouver Community College (VCC) offers three program types that address a wide range of needs.

"The feedback we've gotten is that VCC English as an additional language programs help people learn the English they need for real life," says Tanis Sawkins, associate director at the college's Centre for Excellence in Immigrant Integration.

The first area, ESL pathways, focuses on intermediate to high-level English, using themes related to Canadian workplace culture to help students settle into their local community and prepare them for applied programming at the post-secondary level.

The second, English for academic purposes, consists of reading, writing and oral skills that will prepare students for first-year university English.

And, lastly, VCC offers combined skills programs.

"These are unique courses, which offer vocational training, English language support and job practicums to enable students to finish the programs and be ready to work," Sawkins says. "Students improve their language skills and find employment."

If potential students are unsure which program is ideal for them, VCC hosts EAL information sessions that detail course topics and themes, explain the registration process, answer financial aid questions and reveal what students can expect once they finish their studies. Attendees also learn about additional resources.

"We have multiple services for newcomers and others whose first language is not English, English tutors, a huge selection of English language study materials, computer and audio labs, and academic advisers who are skilled at working with those who have been educated internationally," Sawkins says.

With 12-week terms starting in September, January or April, classes offered in the mornings, afternoons and evenings, and experienced instructors, Sawkins says students are put in a position to succeed.

"Classes are very multicultural and welcoming, as well as interactive and engaging," she says. "And with instructors skilled at helping those new to Canada meet their employment and educational goals, students get the communication skills they need to adapt to a new life in Canada."

The next EAL information session is Thursday at VCC's downtown campus.

For more information and to register, please visit vcc.ca/infosession.

A chance to build a unique community

Living away from home for the first time

SHUTTERSTOCK

If Hollywood movies are to be believed, living on campus is just one big, non-stop party. The reality, of course, is quite a bit different.

"It's not at all comparable to what people see in movies and on television in terms of partying and general debauchery," says Melinda Scott, dean of students at University College, University of Toronto.

Besides, there are plenty of other things that should be higher up the priority list for those preparing to live away from home for the first time.

WHAT SHOULD I BRING?

The daily essentials — sheets, towels, bathrobe, shower caddy, a small fan — plus a few tastes of home.

"(Students should) make sure they've brought some posters, some pictures of family and friends," Scott says. "Things that will make the space feel like their own base so that they're getting comfortable and settled."

Make sure to read up on the specific rules at your residence about what is and isn't allowed, and don't bring big, bulky items in September (wait until Thanksgiving or the winter break, once you have a sense of the space).

"Remember that sometimes 'less is more,'" says Laura Huxley, residence area co-ordinator at the University of Alberta. "Think carefully about what you'll need while at school and try to bring only what you're sure you'll want or need to have with you."

WHAT SHOULD I EXPECT?

Students all have their personal preferences when it comes to cleanliness, food, noise, shared space and other issues. But everyone living on campus must be prepared to communicate and get along for the greater good.

"When people come in mentally prepared to compromise and live with others and understand different people will bring different things to that living environment, it tends to go a lot more smoothly," Scott says.

WHAT SHOULD I DO?

Get your work done, of course. But don't cloister yourself away in your room studying — living in residence is a great opportunity to build a unique community.

"There are so many events and so many things going on in residence — go to some of them," says Woo Kim, a student development officer at the University of British Columbia. "Open your bedroom door and say hello to people on your floor."

Shared living can be a difficult adjustment for some students, so it's also important to reach out for help if needed.

"If there's something going on, you want to talk to your residence adviser," Kim says.

– Daniel Squizzato

CONTRIBUTED

EXPERIENCE WORK IN THE DENTAL FIELD

One of the biggest challenges faced by those heading back to school is relearning how to study, which was what intra oral dental assisting graduate Madelle Villanueva struggled with before she went to CDI College.

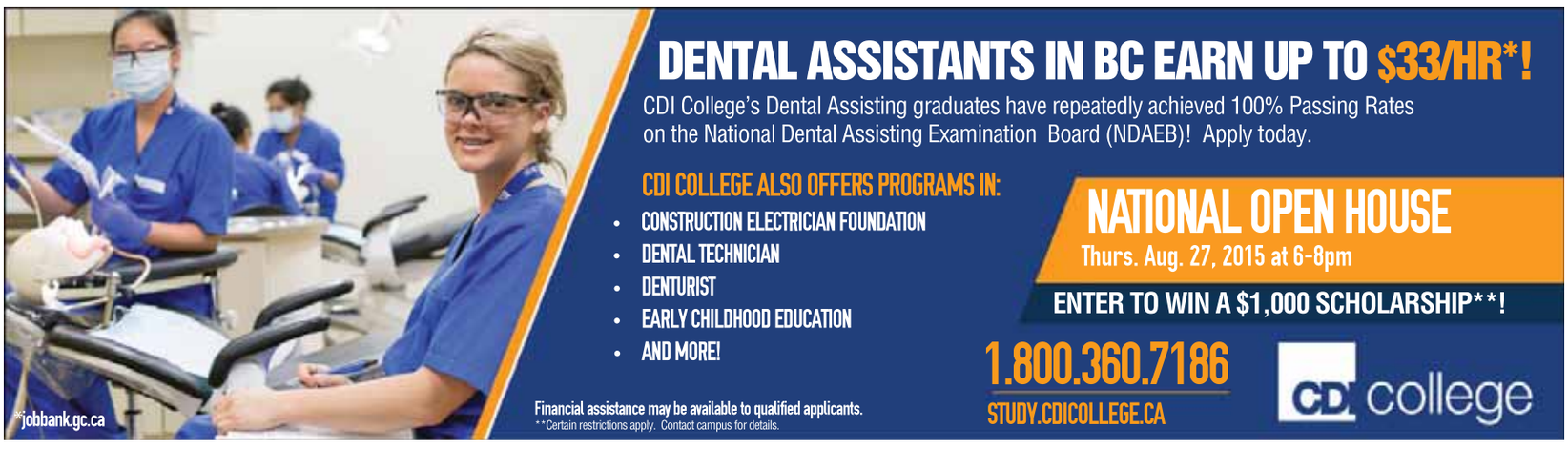
Villanueva returned to school in hopes of entering the oral health-care industry, but was concerned with the difficulties she may face. She chose to enrol in CDI College's 45-week intra oral dental assisting program, not only because it provided the technical training she needed to succeed in this field, but it also allowed her to develop her skills through alternate methods such as hands-on practice in the school's labs, as well as clinical placements.

"The practicum experience was very important to me because it helped me experience work in the dental field," Villanueva says.

With more than 300 hours of real-world experience, students will gain knowledge working with actual patients in consulting hygiene practices, developing X-rays, and more.

"CDI College helped me with my career goals by providing me with more information on becoming a hygienist in the future," says graduate Nikki Nhan. "I would recommend this program to other people looking to start a career in my field."

For more information on the intra oral dental assisting program, please visit study.cdicollege.ca or call 1-800-360-7186.


DENTAL ASSISTANTS IN BC EARN UP TO $33/HR*!
CDI College's Dental Assisting graduates have repeatedly achieved 100% Passing Rates on the National Dental Assisting Examination Board (NDAEB)! Apply today.
CDI COLLEGE ALSO OFFERS PROGRAMS IN:
• CONSTRUCTION ELECTRICIAN FOUNDATION
• DENTAL TECHNICIAN
• DENTURIST
• EARLY CHILDHOOD EDUCATION
• AND MORE!
NATIONAL OPEN HOUSE
Thurs. Aug. 27, 2015 at 6-8pm
ENTER TO WIN A $1,000 SCHOLARSHIP**!
1.800.360.7186
STUDY.CDICOLLEGE.CA
CDI college
*jobbank.gc.ca
Financial assistance may be available to qualified applicants.
**Certain restrictions apply. Contact campus for details.

WOMEN IN A POLICING CAREER

More and more women are choosing policing, and the Vancouver Police Department hires more than the national average. Currently, 24% of sworn VPD officers are women, and we'd like you to meet some of them.

Have your questions answered at an information session focusing on women in policing, where you will hear their stories – why they chose policing, why they chose the VPD, their career highlights and aspirations, and how they balance their careers with their personal lives.

A CAREER WITH THE VPD OFFERS:

• VARIETY • ADVANCEMENT • OPPORTUNITY • SECURITY •

10 AM SEPTEMBER 12, 2015

JUSTICE INSTITUTE OF BRITISH COLUMBIA (JIBC)
715 MCBRIDE BOULEVARD, NEW WESTMINISTER

HIGHLIGHT: ATTENDEES ARE WELCOME TO TRY OUT SECTIONS OF THE POPAT/COPAT AFTER THE INFO SESSION. BRING APPROPRIATE GYM ATTIRE.

JOIN THE VPD

FOR MORE INFORMATION CHECK OUT

JOINVPD.CA VancouverPoliceDepartment @VancouverPD

MARTIN DEE PHOTO

Educating women about policing careers

VPD holding info session on Sept. 12

Like many people, the only policing references Michelle Neufeld had growing up came from movies and the media. The limited perspective had her believing police work was male-dominated and geared toward those with a large physique.

"I stumbled upon policing around the age of 26," says Det.-Const. Neufeld, a 13-year veteran of the Vancouver Police Department (VPD), whose roommate at the time was a criminology student completing a practicum with the youth services section of the force. "She encouraged me to attend a VPD information session. I was hooked immediately and applied shortly afterwards."

Today, Neufeld is helping educate women who may also have never considered a career in policing. One way is through women in policing information sessions, which differ slightly from general information sessions.

"Our recruiting team will be there to outline the requirements to become a police officer and will provide helpful tips regarding the application process, but you will also have an opportunity to meet women working in different sections of the department," Neufeld says of the next women in policing information session, which will be held Sept. 12.

The event will also allow women to get a taste of the police officers physical abilities test, which is part of the hiring process, and the correctional officers physical abilities test for special municipal constable positions.

"Women often feel as though they are not physically capable of the demands of police work," Neufeld says. "I work alongside very fit and capable women who achieve the same fitness testing as the male officers. It is typical to see, in our police gym, men and women training alongside, encouraging and inclusive of one another."

And while this particular information session is geared towards women, Neufeld says the conversation shouldn't focus exclusively on gender.

"It should focus on the core of a person. We want to hire individuals who have integrity, are motivated, and have strong communication and interpersonal skills."

The women in policing information session on Sept. 12 will begin at 10 a.m. at the Justice Institute of British Columbia (715 McBride Blvd.) in New Westminster.

For more information, visit joinvpd.ca.

metro SPORTS
Your essential daily news

Two-time NBA MVP Steve Nash will be inducted into the Phoenix Suns' Ring of Honor Oct. 30

Report: Drogba to miss Voyageurs Cup finale

CANADIAN CHAMPIONSHIP

Impact star didn't travel to Vancouver due to toe injury

Cam Tucker
Metro | Vancouver

One of the storylines for Wednesday's Amway Canadian Championship final between the Vancouver Whitecaps and Montreal Impact appears to have hit an unexpected snag.

Didier Drogba, who was a star striker for his home nation of the Ivory Coast and famed English side Chelsea FC and now a member of the Impact, will not be travelling with his team to Vancouver due to a toe injury, according to a report on Monday from Nik Martineau of TVA Sports.

The news came shortly after the Whitecaps held media availability following training, when players and coaches were asked about the impending Drogba visit, and the possibility for him to play Wednesday.

Drogba, 37, made his MLS debut for the Impact over the weekend but was held off the scoresheet. Montreal's head coach Frank Klopas told reporters that Drogba was going to play against the Whitecaps in the final, according to Major League Soccer's website.

"Of course. Who wouldn't? But it's a battle," said Vancouver's veteran centre back Pa-Modou Kah, when asked if he would want to face Drogba.

"We want to make history so it doesn't matter who is on the other side — Drogba or not a Drogba. For us, it's about the game. The game is for us to make history, so whoever is on the other side, for us it doesn't matter."

> **"The game is for us to make history, so whoever is on the other side, for us it doesn't matter."**
> Pa-Modou Kah

For others, like Kekuta Manneh of Gambia, the opportunity to maybe play against Drogba was akin to playing against a childhood hero.

"He's a hero of mine. One of the best African players to play this game," said Manneh.

The Whitecaps are aiming to win their first-ever Voyageurs Cup and Amway Canadian Championship. In 2013, they had the chance to capture the title against Montreal but ended up losing it all following a disappointing tie in the second leg at BC Place.

"We haven't won it before and I keep getting reminded and it irks me. It does wind me up," said head coach Carl Robinson.

"We're at home and if what you ask for is a home result to maybe win something, then you take it."

As for his lineup against the Impact, Robinson said there will be changes based on the "energy levels" of players.

Didier Drogba debuted for Montreal over the weekend against Philadelphia. GRAHAM HUGHES/THE CANADIAN PRESS

INDYCAR

Pocono crash claims life of British driver Wilson

British racer Justin Wilson, hit in the head by debris from another car, succumbed to his injuries Monday. NICK LAHAM/GETTY IMAGES

IndyCar driver Justin Wilson died Monday night from a head injury suffered when a piece of debris struck him at Pocono Raceway. He was 37. IndyCar made the announcement at Indianapolis Motor Speedway.

Wilson, a British driver who lived outside Denver in Longmont, Colo., was hit in the head during Sunday's race by piece of debris that had broken off another car. Wilson's car veered into an interior wall at the track, and he was swiftly taken by helicopter to a hospital in Allentown, Penn.

> **He was my brother, my best friend.**
> Justin's brother Stefan

"Can't begin to describe the loss I feel right now. He was my Brother, my best friend, my role model and mentor. He was a champion!" his younger brother, Stefan, also an IndyCar driver, tweeted. Stefan Wilson said Justin's organs would be donated.

The last IndyCar driver to die from an on-track incident was Indianapolis 500 champion Dan Wheldon, who was killed in the 2011 season finale at Las Vegas after his head hit a post in the fence when his car went airborne. Wilson won seven times over 12 seasons in open-wheel racing and finished as high as fifth in the Indianapolis 500.

An acclaimed sports car racer, Wilson won the prestigious 24 Hours of Daytona with Michael Shank Racing, and he competed in 20 Formula One races in 2003 before moving to the U.S. to join Champ Car. THE ASSOCIATED PRESS

IN BRIEF

Green Bay loses injured receiver Nelson for season

The Green Bay Packers' worst fears about the severity of receiver Jordy Nelson's knee injury have come true.

The team said Monday only that the star receiver suffered a "significant right knee injury" that would cost him the season. Nelson, one of the top targets for NFL MVP quarterback Aaron Rodgers, was injured Sunday in a pre-season game at Pittsburgh.

"It's difficult to lose a guy like that in a meaningless game," Rodgers said after the 24-19 loss to the Steelers.

THE ASSOCIATED PRESS

Team Russia fined for walking out on Canada

The Russian Hockey Federation was fined $85,000 Monday over the national team snubbing Canada's victory celebrations after the world championship final.

The sport's governing body, IIHF, said Russian players deliberately left the ice before the Canadian anthem was played on a signal from captain Ilya Kovalchuk.

The Russian federation had claimed its players had been confused after the rink-side gate was left open and took that as a signal to leave following the 6-1 loss in Prague.

THE ASSOCIATED PRESS

NFL hall-of-famer Carter sorry for 'fall guy' remark

Hall of fame receiver Cris Carter has issued an apology for telling NFL rookies at a league symposium in 2014 that they should "get a fall guy" to help them avoid trouble.

Carter posted his apology on Twitter after an ESPN article drew attention to the remarks he made during a presentation last year.

He told a group of rookies from NFC teams that if any of them were to get into trouble off the field, it was important to have someone who would step forward and take the blame.

THE ASSOCIATED PRESS

Seahawks seek stable offence

NFL

Coach Carroll wants tight unit and no more tinkering

We like the way that they mix together and they have a real chance.
Seahawks coach Pete Carroll on those on their offensive line

The constant shuffling along the Seattle Seahawks' offensive line could be coming to an end.

Coach Pete Carroll and offensive line coach Tom Cable said Monday that the starting five the Seahawks used in last week's pre-season loss at Kansas City could be the unit that starts Week 1 of the regular season against St. Louis.

It's been an arduous stretch through the first three weeks of training camp for the Seahawks trying to get their offensive line settled. But Cable and Carroll are moving forward with the current configuration in the hope that a solid performance in this week's pre-season game at San Diego will be validation it's the right group.

"We'll see if they can hold it together and hold off the other guys that are battling with them but we feel good enough about it," Carroll said. "We like the way that they mix together and they have a real chance."

The two spots on the line that have been settled from the start have been left tackle with Russell Okung and right guard with J.R. Sweezy. But centre, right tackle and left guard have been a revolving door of players working with the first unit.

The latest adjustment last week had starting right tackle Justin Britt move to left guard and backup Garry Gilliam, in his second season, step in at right tackle. Seattle also had Drew Nowak, a former defensive tackle in college, stepping in as the starting centre.

The results were mixed. Seattle's offence failed to score a touchdown against the Chiefs and running lanes were scarce. But the protection for quarterback Russell Wilson was solid.

While it seems set that Britt and Gilliam will remain in their positions, centre appears to be the one remaining competition. Veteran Lemuel Jeanpierre started the pre-season opener against Denver, with Nowak getting the nod against Kansas City.

THE ASSOCIATED PRESS

MLB YANKEES NIP ASTROS Houston Astros catcher Hank Conger, left, watches as the New York Yankees' Carlos Beltran hits a ninth-inning, walk-off sacrifice fly that allowed Brett Gardner to score in the Yankees' 1-0 victory in New York, Monday. KATHY WILLENS/THE ASSOCIATED PRESS

IN BRIEF

Liverpool kept in Cech
Petr Cech demonstrated why he will be an asset rather than a liability for Arsenal by producing fine saves that secured a 0-0 draw against Liverpool on Monday after opening-day blunders proved so costly for his new club.

It was a first Premier League clean sheet in Arsenal colours for the former Chelsea goalie. THE ASSOCIATED PRESS

Bennett stars in Canada win
Anthony Bennett poured in 16 points to lead the Canadian men's basketball team to an 80-64 win over Brazil at the Tuto Marchand Continental Cup on Monday.

Dwight Powell scored 14 points and added seven rebounds off the bench for Canada, which is undefeated through two games at the tournament. THE CANADIAN PRESS

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

iMARKETING

WE PUT THE *fun* IN FUNDRAISING

Political Fundraising Call Centre

NOW HIRING

Experienced Outbound Call Centre Sales Reps

- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses
- Flexi schedule for top performers
- Paid every Friday
- Attached to SkyTrain Station
- Fun sales driven atmosphere
- Full time and Part time available
- Seniors and Students welcome

Fluent English and Outbound Sales experience is required.
Call Jatin at 778 928-9041 or 604 681-5779 (EXT #2)

Active Career Advancement Project

Are you an internationally trained professional?

- Working 20 hours or more in a job which underutilizes your education and expertise?
- Seeking an alternative career relevant to your professional training?
- Residing in Canada more than 5 years?

Contact us for more information about the Active Career Advancement Project.
www.acapcanada.ca tel. 604.336.6262 ext. 102
acap.van@success.bc.ca

Pathways to Possibilities Passage de Possibilités

HEALTH AND WELLNESS

INDIAN ASTROLOGER & PSYCHIC READER

PASSED AWAY FROM GENERATION TO GENERATION, NOW IN SURREY, BC
PANDIT: RAJA RAM
FACE READING • PHOTO READING • 2 HAND READING
BIRTH TIME READING • HOROSCOPE READING
100% Guarantee
HE CAN HANDLE ANY PROBLEM | BRINGING LOVED ONE BACK
Helps in Job, Love, Business, Sickness, Education, Employment, Marriage, Court, Enemy, Black Magic, Secret Matters, etc.
IMMEDIATE RESULTS & GET LIFELONG PROTECTION | OPEN 7 DAYS A WEEK
604-897-5329
7646 - 120th Street, Surrey BC V3W 3N1

WORK AND EDUCATION

skilled immigrant infocentre

Vancouver Public Library
Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3603
Web: skilledimmigrants.vpl.ca

Employment information for career decisions
A free service for immigrants to British Columbia

Vancouver Public Library | Citizenship and Immigration Canada | Citoyenneté et Immigration Canada | WelcomeBC

HEALTH AND WELLNESS

SRI SHIVA SHAKTHI ASTROLOGY CENTER
INDIAN SPECIALIST PSYCHIC READER
FROM 9th GENERATION

PANDIT SRIMAHA VISHNU
EXPERT IN PALM READING & FACE READING

100% GUARANTEE
HE CAN HANDLE ANY PROBLEM
Pandit is an Expert In Removing Black Magic, Voodo Spirits, Obeau, Generation Curses, Evil Energy Butu, Witchcraft, Evil Spirits & Bad Luck
SPECIALIST IN BRINGING BACK LOVED ONES
Also Specialized In Bringing Financial Happiness, Health Protection And Good Luck
CALL FOR AN APPOINTMENT
604-377-9158
7 DAYS A WEEK
9:00AM - 9:00PM

RECIPE Panko Crusted Chicken Sandwich with Sriracha Coleslaw

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

The lightly sautéed panko-crusted chicken thigh goes well with the spiced up coleslaw. Serves 4.

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Ingredients
- 4 boneless, skinless chicken thighs (pounded)
- 1 Tbsp cornstarch
- 1 egg
- 2 Tbsp 2 per cent milk
- 1/2 cup panko or breadcrumbs
- 2 cups packaged coleslaw
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 1 Tbsp lemon juice
- Salt and pepper
- 1 tsp Sriracha or hot sauce
- 4 sandwich buns
- 4 slices field tomatoes

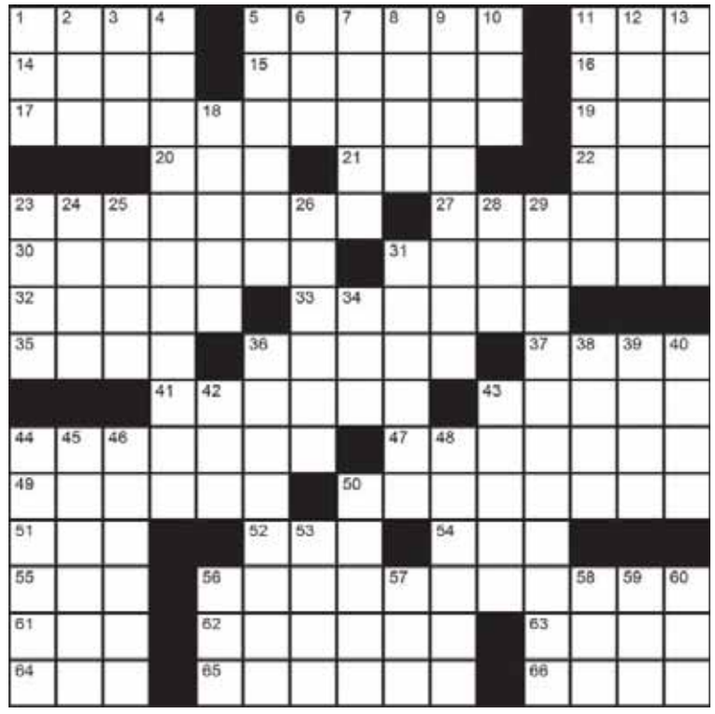
Directions
1. Sprinkle cornstarch over chicken. In a dish, mix egg and milk and dip chicken to coat. Dip in panko crumbs.
2. In a large hot skillet, sprayed with vegetable oil, sauté chicken until cooked through, about four minutes per side.
3. To make slaw: In a bowl, combine slaw mixture, 2 Tbsp light mayonnaise, sour cream, lemon juice, salt and pepper and 1/2 tsp Sriracha.
4. In a small bowl, combine remaining mayonnaise and 1/2 tsp Sriracha. Spread this over four bottom of buns.
5. Place tomato slice over top on bottom buns, add chicken and divide slaw on top.

Nutrition per serving
- Calories 332
- Protein 23.6 g
- Carbohydrates 40 g
- Fibre 3 g
- Total fat 8.7 g
- Saturated fat 2.7 g
- Cholesterol 122 mg
- Sodium 629 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canned meat brand
5. Instruments like Ravi Shankar's
11. "Tell _ No" by The Zombies
14. Rikki-Tikki-_
15. Breakfast menu selection
16. Brit band, briefly
17. Mid-'70s Canadian TV series based on Johann Wyss' 1812 classic book, "The _ _ Robinson"
19. Scandinavian rug
20. Rested
21. Tee 'n' club org.
22. Sure-footed mammal
23. Long-steps-taking pedestrians
27. Computer store purchase
30. Food Network watcher's interest
31. Rants
32. Put down
33. Fawn
35. Island of Indonesia
36. _ and effect
37. Legend
41. Sacred songs
43. Jason of "How I Met Your Mother"
44. Overcome/make do
47. Country in Africa bordering Sudan
49. Contradiction
50. British-born missionary doctor to Newfoundland and Labrador, Sir Wilfred _ (b.1865 - d.1940)
51. NYC's Madison
52. 'Equal'-meaning prefix
54. Wilmington's state, for short
55. Name: French
56. Canadian comedy partner for Frank Shuster: 2 wds.
61. Watercraft, with Jet
62. Furthest orbital point
63. Band's undertaking with dates to commit to
64. Mauna _ (Hawaiian volcano)
65. Peanut Butter Cups name
66. Crooned

DOWN
1. Haloed humans, for short
2. Puppy's friendly offering
3. Canadian broadcaster Mr. Lewis
4. Fun-to-spell American river
5. Cushion
6. "Baby _-_ Want You" by Bread
7. Office workers, e.g.
8. Sacha Baron Cohen character in Madonna's "Music" video: name + letter
9. Comparative
10. Trough locale
11. Monarch's messenger
12. President of France's residence, _ Palace
13. Jokes-filled celebrity tributes
18. "Sexy _" by The Beatles
23. Strikebreaker
24. Marching band instrument
25. Money in Oman
26. Entertain enthusiastically
28. 'Hect' ending
29. Some footwear, a nod to dancers: 2 wds.
31. One mixing the salad so that the lettuce flies up but then lands in the bowl
34. Certain cake
36. Circus carousel's music provider
38. Fiend
39. Stagger
40. Airline of Israel: 2 wds.
42. Sauna site
43. Brawn
44. Port city in Poland
45. Invalidate
46. Low energy reason maybe
48. Changes hair hue again
50. They resonate when struck in orchestras
53. Boot alternative
56. Cookie container
57. Maiden name indicator
58. Beatles hit: "She Loves _"
59. Sister
60. Work unit

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A confident approach is a must. If your rivals get the idea that you are having doubts they won't hesitate to exploit them and that could lead to a serious setback later in the week.

Taurus April 21 - May 21
Try not to take anything too seriously. If you find yourself thinking about one thing to the exclusion of everything else that is a sure sign you have become infatuated about something and that isn't healthy.

Gemini May 22 - June 21
Today you will wonder if the powers that be have got it in for you, but it is your state of mind that is making things seem tougher than they really are. Life will get easier very soon.

Cancer June 22 - July 23
Travel and social plans are likely to be disrupted, although nothing too drastic will happen so long as you look ahead. Make allowances and make sure you have not forgotten anything important.

Leo July 24 - Aug. 23
Think carefully before committing yourself to anything of a financial nature today. Someone is keeping from you facts you need to know.

Virgo Aug. 24 - Sept. 23
You are strongly advised to be suspicious of everything you see and hear. Neptune, planet of confusion, is making things harder to understand and if you are not careful you could be the one who loses as a result.

Libra Sept. 24 - Oct. 23
A rethink of your aims may be a good idea but don't change anything before getting advice from people you trust. You are a little confused and it might be the case that you don't have to change anything at all.

Scorpio Oct. 24 - Nov. 22
What you have to say is not what certain people want to hear, so don't be surprised if they try to twist your words. The message you have to deliver is of major importance, so keep repeating it.

Sagittarius Nov. 23 - Dec. 21
You've been worrying for no good reason about something that is of no importance at all. Wven a wise Sag can be fooled now and again.

Capricorn Dec. 22 - Jan. 20
There will be plenty in the way of rumour today but precious few facts, so don't jump to conclusions. When even those in positions of authority have no idea what is going on there is not much point making plans.

Aquarius Jan. 21 - Feb. 19
Try to be a bit more laid-back about money matters today — but not so laid-back that it seems as if you don't care. If you have any bright ideas about how to increase profits you must speak up.

Pisces Feb. 20 - March 20
You know you can trust your own instincts but can you trust other people's instincts? Don't take what others tell you at face value today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		6	9	4		1		
		9			1		2	
	7			6	5			
	8					2		
				3				
		7					4	
			5	8			7	
	4		2			3		
		1		9	3	5		

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App
Download the Metro News App today at metronews.ca/mobile
metro

Book WAREHOUSE
2 great locations in your neighbourhood
632 broadway & ash
4118 main street
bookwarehouse.ca
@book_warehouse
shop online, pick up in store:
www.blackbondbooks.com

ENTER FOR A CHANCE
TO WIN 1 OF 25
$1,000
TUITION SCHOLARSHIPS*!
DATE: Thursday, August 27, 2015
TIME: 6 - 8PM
LOCATION: Visit any one of our 25 campuses near you in Alberta, British Columbia, Manitoba, Ontario, or Quebec.
· Learn more about our programs
· Chat with instructors and admissions representatives about programs
· Tour the campus
· Ask about financial assistance
· And more
Simply check in at the front desk and you'll automatically be entered into the scholarship draw!
OPEN HOUSE
THURSDAY, AUGUST 27, 2015
CD college
Call: 1.888.654.4177 or visit openhouse-bc.cdicollege.ca
*One winner will be selected for each campus. Winners must be available to begin their program by January 29, 2016. Certain restrictions apply. Contact campus for details.